You have traveled to a country with an outbreak of COVID-19 and are at higher risk. COVID-19 is a respiratory illness that can spread from person to person.

Stay Home
Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.

If you feel sick and have symptoms:
• Call ahead before you go to a doctor’s office or emergency room.
• Tell the doctor about your recent travel and your symptoms.
• Avoid contact with others.
• Do not travel while sick.

Symptoms
Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

Symptoms can include:
• Fever (100.4°F/38°C or higher)
• Cough
• Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: www.cdc.gov/COVIDtravel
For information about COVID-19 and how to monitor your health after travel, open your cell phone camera and scan this code:

www.cdc.gov/COVIDTravel