



Health Alert: Coronavirus Disease 2019 (COVID-19)

COVID-19 is a respiratory illness that can spread from person to person.

Self-Quarantine instructions

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 **COVID-19 exposure** 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)



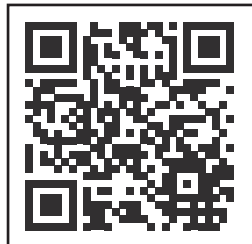
Cough



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