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](http://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