

HEALTH ALERT: Coronavirus Disease 2019 (COVID-19)

You have traveled internationally 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, monitor your health, and practice social distancing.
- Take your temperature with a thermometer two times a day and watch for symptoms.
- Avoid contact with others. Do not go to work or school.
- Keep your distance from others (about 6 feet or 2 meters).

If you feel sick and have symptoms:

- Stay home. Avoid contact with others.
- You might have COVID-19; most people are able to recover at home without medical care.
- If you have trouble breathing or are worried about your symptoms, call or text a healthcare provider. Tell them about your recent travel and your symptoms.
- Call ahead before you go to a doctor's office or emergency room.

Symptoms

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

Symptoms can include:



Fever



Cough



Trouble breathing

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:

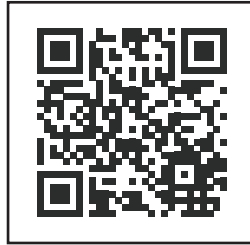
Для получения информации о COVID-19 и о том, как контролировать состояние вашего здоровья после путешествия, включите камеру на вашем мобильном телефоне и отсканируйте этот код:

Pour obtenir des informations relatives à COVID-19 et à la manière de surveiller votre santé après un voyage, ouvrez la caméra de votre téléphone portable et scannez le code suivant :

للحصول على معلومات حول فيروس كورونا المستجد COVID-19 وكيفية مراقبة حالتك الصحية بعد السفر، افتح كاميرا هاتفك الخلوي وامسح هذا الرمز ضوئياً:

新型コロナウイルス感染症（COVID-19）に関する情報、および旅行後の自身の健康状態を観察する方法については、携帯電話のカメラを起動して、このコードをスキャンしてください:

Para obter informações sobre o COVID-19 e como monitorar sua saúde após a viagem, abra a câmera do seu celular e digitalize este código:



코로나바이러스감염증-19(COVID-19) 및 여행 후 건강 상태를 모니터링하는 방법에 대한 정보를 보려면, 휴대폰 카메라로 이 코드를 스캔하십시오:

COVID-19 के बारे में और यात्रा के बाद अपने स्वास्थ्य को मॉनीटर कैसे करें, के बारे में जानकारी के लिए, अपने सेल फोन का कैमरा चलिए और इस कोड को स्कैन करें:

สำหรับข้อมูลเพิ่มเติมเกี่ยวกับ COVID-19 และวิธีการตรวจเช็คสุขภาพของคุณหลังจากการเดินทาง โปรดเปิดกล้องมือถือของคุณและสแกนรหัสนี้:

Untuk mendapatkan maklumat mengenai COVID-19 dan cara mengawasi kesehatan anda selepas perjalanan, buka kamera telefon bimbit anda dan imbas kod ini:

Para obtener información sobre el COVID-19 y cómo monitorear su salud después de un viaje, abra la cámara de su teléfono y escanee este código:

برای کسب اطلاعات در مورد COVID-19 و نحوه نظارت بر سلامت خود پس از سفر، دوربین تلفن همراه خود را باز کرده و این کد را اسکن کنید:

有关COVID-19 的信息以及如何在旅行后监测您的健康状况，请打开手机摄像头并扫描此二维码:

Per informazioni sulla COVID-19 e su come monitorare la Sua salute dopo il viaggio, apra la fotocamera del Suo cellulare e scansioni questo codice: