

# Health Alert: Coronavirus Disease 2019 (COVID-19)

**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:

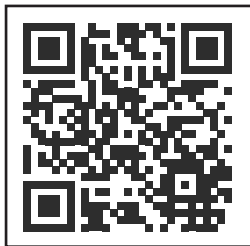
Для получения информации о COVID-19 и о том, как контролировать состояние вашего здоровья после путешествия, включите камеру на вашем мобильном телефоне и отсканируйте этот код:

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 :

دچتسمل انوروك سوريف لوح تامول عم ىلع لوصحلل  
رفسنلا دعب ذيحصلا كئتلح قبقرم ذي فيكو COVID-19  
أيئوض زمرلا اذه حسماو يولخل كفتاه اريماك حتفا:

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:

ສຳລັບຂໍ້ມູນເພີ່ມເຕີມກ່ຽວກັບ COVID-19 ແລະວິທີກວດກາເສັ້ນສະຫວ່າງຂອງທ່ານ ຫຼັງຈາກການເດີນທ່າງ ໂປຣດເປີດກ້ອງມືອັດຕິວຂອງທ່ານແລະສແກນໂສມ:

Untuk mendapatkan maklumat mengenai COVID-19 dan cara mengawasi kesihatan 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:

有关COVID-19 的信息以及如何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：