

# COVID-19

CORONAVIRUS  
DISEASE

# 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:

دجتىسىملا اندرۆك سودرىيىف لوح تامۇلۇع ىولۇچىلىد  
COVID-19 ئېچىصىدا كىتىلاح قىبىارم ئېفېلىڭىز  
«أىيىۋوض زىملا ادە حىسما او يۈلەنلا كىفتاتاه ارىيماڭ ىتەفا

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

للمراقبة والتقصي عن مرض فيروس كورونا COVID-19، فافتح الكاميرا على هاتفك المحمول وقم بتنشيط الكود التالى:

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

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的健康状態を観察する方法について、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:



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：

[www.cdc.gov/COVIDTravel](http://www.cdc.gov/COVIDTravel)