

# 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 :

دجت‌سپهان اوروک سورييف لوح تاچول عم یل ع لوچ حلل د، رفسنل دعې تاچول COVID-19 ټېفيکي کتو، آي ټوض زړلوا اډه حسموا یوول خلوا ٹڪفتاه اړئ ماه جستفا:

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ニングしてください：

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 याता के बाद अपने सूच्य को मॉनीटर कैसे करें, के बारे में जानकारी के लिए, अपने सेफोन का कैमरा चिप्पिं और इस कोड को स्कैन करें:

สสส.หับข้อมูลเพิ่มเติมเกี่ยวกับ COVID-19 และวิธีการตรวจเชิงลึกของคุณ หลังจากที่ได้รับการฉีดเข็ม first dose แล้ว โปรดปิดกล้องมือถือของคุณและสแกนรหัสนี้:

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:

برای کسب اطلاعات در مورد COVID-19 و نحوه نظارت بر سلامت خود بس، از سفر، دویخته، تلفن، همراه خود، بازگده و این کد، 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: