CARE

Check and Report Everyday

简体中文版请翻转

VERSION: 02.27.2020

**U.S. Department of
Health and Human Ser   i
isease
Control and Prevention**

COVID 19

CORONAVIRUS
DISEASE

CS314925A MAR 02, 2020 10 AM

You have received this booklet of important health information because you traveled from the People's Republic of China. There is an ongoing outbreak of coronavirus disease 2019 (COVID-19) in China. COVID-19 is a respiratory illness caused by a virus that can spread from person to person.

If you have returned from Hubei Province within the last 14 days, you will be monitored by the public health department in your destination state. Monitoring will include agreements or legal orders such as a quarantine order.

Under these agreements or quarantine orders:

- You must stay at your home, or at a location chosen by your state or local health department or the U.S. government for a 14-day period from the time you left Hubei Province.

- Follow the directions in the quarantine order and the directions provided by your health department and the U.S. government.

If you have returned from China (other than Hubei Province), stay home and self-monitor for 14 days from the time you left China. Take these steps to monitor your health:

1. Take your temperature with a thermometer two times a day and watch for cough or difficulty breathing (see instructions in this booklet).

2. Stay home from school.

3. Employees: Discuss your work situation with your employer before returning to work.

4. Do not take public transportation, taxis, or ride-shares.

5. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.

6. Keep your distance from others (about 6 feet or 2 meters).

7. If you get sick with fever, cough, or trouble breathing, follow instructions on page 3.

8. If you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them about your recent travel to China.

Your health department may have specific instructions for you to follow that may be more restrictive than described above.

If you have a medical emergency, call 911. Tell them your symptoms and that you traveled from China.

Connect with your health department upon return from travel (phone list included in this booklet). They will let you know:

- How you should report your health checks to the health department
- How often you should report your health checks
- Who to contact if you get sick with symptoms of fever, cough, or trouble breathing
- What else you should do if you develop symptoms
- Who to contact if you have questions

When you connect with the health department, ask them for the following contact information. Keep track of this important information by writing it below.

The contact information for staff at the health department is:

Name(s):

Phone Number:

After-hours phone number:

Email or website:

Other method:

Use the space below to write important information given to you.

How do I report my health checks?

How often should I report my health checks?

If I get sick, what does the health department want me to do?

Who do I contact if I have additional questions?

14 days

If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick. It is important to check your health two times each day for 14 days after you leave China. Follow the steps below to check and record your health.
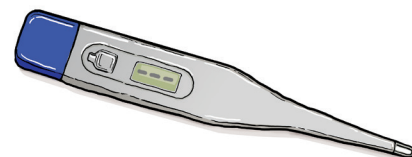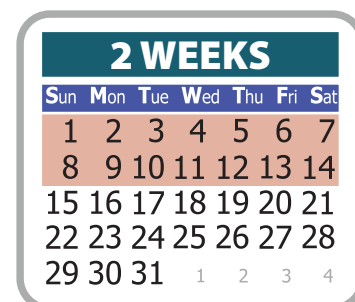
Step 1 Do health checks every morning and every night:

- Take your temperature and/or that of family members who traveled with you and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.
- Write your temperature and any symptoms in the log included in this booklet.
- Write family members' temperatures and symptoms in their own booklets.

Family members who did not travel with you do not need to be monitored.

Step 2 If your health department asks you to report your temperature and any symptoms, follow their instructions.

2 WEEKS						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Step 3 If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:

1. Do not go out in public.

2. Call the phone number listed for your health department in this booklet. Remind them that you are self-monitoring.

3. If you can't reach your health department, seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel, your symptoms, and guidance received from the health department.

4. Avoid contact with others.

5. Do not travel while sick.

6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.

7. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.

8. Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.
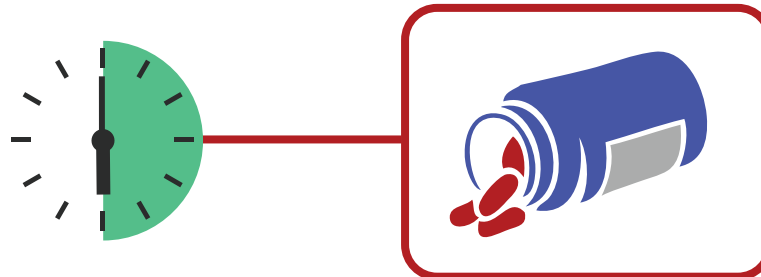
If you have a medical emergency, call 911. Tell them your symptoms and that you traveled from China.

CARE

Before you take your temperature:

Wait 30 minutes after eating, drinking, or exercising.

Wait at least 6 hours after taking medicines that can lower your temperature, like:
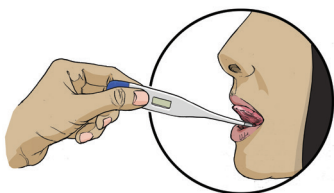
- Acetaminophen, also called paracetamol
- Ibuprofen
- Aspirin

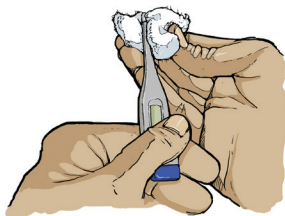1. **Turn the thermometer on by pressing the button near the screen.**

2. **Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.**

3. **Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.**

4. **Write your temperature in the 14-Day Symptom and Temperature Log in this booklet.**

5. **Clean your thermometer with soap and water and dry it well.**

PLEASE NOTE: For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit.

For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever. Tell the public health worker that you are taking the child's temperature this way.

If you have a medical emergency, call 911. Tell them your symptoms and that you traveled from China.

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days after you left China.

1. Fill in the dates on the log, starting with Day 0 and ending with Day 14. Day 0 is the day you left China.

2. Start recording your temperature and symptoms, beginning with today's date. **Fever is 100.4°F/38°C or higher.**

3. If you get sick, contact your health department. Be sure to tell them you were in China, your symptoms, and that you are self-monitoring.

4. Your daily health checks are complete 14 days after you left China, or as indicated by public health authorities.

DAY	DATE	SYMPTOMS		TEMP
DAY 0	Feb 1, 2020	**Day 0 is the day you left the China.**		
DAY 1	Feb 2, 2020	☀	No Symptoms	97.4 F
		☾	No Symptoms	98.6 F
DAY 2	Feb 3, 2020	☀	No Symptoms	96.9 F
		☾	No Symptoms	98.6 F
DAY 3	Feb 4, 2020	☀	No Symptoms	98.0 F
		☾	No Symptoms	98.6 F
DAY 4	Feb 5, 2020	☀	No Symptoms	97.3 F
		☾	No Symptoms	98.6 F
DAY 5	Feb 6, 2020	☀	No Symptoms	96.5 F
		☾	No Symptoms	98.6 F

SAMPLE

Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 0	_____	**Day 0 is the day you left China.**	
DAY 1	_____	☀ ☾	
DAY 2	_____	☀ ☾	
DAY 3	_____	☀ ☾	
DAY 4	_____	☀ ☾	
DAY 5	_____	☀ ☾	
DAY 6	_____	☀ ☾	
DAY 7	_____	☀ ☾	
DAY 8	_____	☀ ☾	
DAY 9	_____	☀ ☾	
DAY 10	_____	☀ ☾	
DAY 11	_____	☀ ☾	
DAY 12	_____	☀ ☾	
DAY 13	_____	☀ ☾	
DAY 14		☀ ☾	

If you get sick, contact your health department as instructed and remind them you were in China, your symptoms, and that you are self-monitoring. Your daily health checks are complete at 14 days after you left China, or as indicated by public health authorities.

If you have a medical emergency, call 911. Tell them your symptoms and that you traveled from China.

C A R E

This is a list of telephone numbers for health departments across the United States that travelers can use to connect with the health department in their destination state or the state they are in. These phone lines are monitored at all times, and travelers may call 24 hours a day and 7 days a week unless noted. Members of the public with general questions about COVID-19 should call their state health department's main daytime telephone number or they can contact CDC at www.cdc.gov/cdc-info or 1-800-CDC-INFO (800-232-4636) or TTY 888-232-6348.

State	Phone Number
Alabama	1-800-338-8374
Alaska	1-800-478-0084 or 1-907-269-8000
Arizona	1-480-303-1191
Arkansas	1-800-554-5738
California *If you are in L.A. County, call:*	1-800-852-7550 *Ask for the CDPH Duty Officer* 1-213-288-8707 *Available from 8:00am-5:00pm*
Colorado	1-303-370-9395
Commonwealth of the Northern Marian Islands	1-670-234-8950
Connecticut	1-860-509-8000
Delaware	1-302-744-4700
District of Columbia	1-202-576-1117
Florida	1-850-245-4401
Georgia	1-866-782-4584
Hawaii	2-1-1 or 1-808-586-4586
Idaho	1-208-334-5939
Illinois *If you are in Chicago, call:*	1-800-889-3931 3-1-1 *(inside city limits)* or 1-312-744-5000
Indiana	1-317-233-1325
Iowa	1-800-362-2736
Kansas	1-877-427-7317
Kentucky	1-888-973-7678
Louisiana	1-800-256-2748
Maine	1-800-821-5821
Maryland	1-410-795-7365
Massachusetts	1-617-983-6800
Michigan	1-517-335-9030
Minnesota	1-651-201-5414
Mississippi	1-601-576-7725 or 1-601-576-7400 *(after hours, holidays, and weekends)*

COVID 19 CORONAVIRUS DISEASE

State	Phone Number
Missouri	1-800-392-0272, Ext.1
Montana	1-406-444-0273
Nebraska	1-402-444-3400 *Available from 8:30am-4:00pm CT*
Nevada	1-775-400-0333
New Hampshire	1-603-271-4496
New Jersey	1-800-222-1222
New Mexico	1-505-827-0006
New York *If you are in New York City, call:*	1-866-881-2809 1-347-396-7990
North Carolina	1-866-462-3821
North Dakota	1-701-328-2270
Ohio	1-614-722-7221
Oklahoma	1-405-271-4060
Oregon	1-971-673-1111

Pennsylvania
    If you are in Philadelphia, call
    If you are in Pittsburgh, call
	1-877-724-3258
	1-215-686-4514
	1-412-687-2243

Puerto Rico	1-787-765-2929, Ext.3552 or 3551 or 1-787-692-6276
Rhode Island	1-401-222-2577 or 1-401-276-8046 *(after hours)*
South Carolina	1-888-847-0902
South Dakota	1-800-592-1861
Tennessee	1-615-741-7247
Texas	1-512-776-7111
Utah	1-888-374-8824
Vermont	1-802-863-7240

Virgin Islands
    If you are in St. Thomas, call:
    If you are in St. Croix, call:
	See below.
	1-340-774-9000 *Available from 9:00am-5:00pm*
	1-340-718-1311 *Available from 9:00am-5:00pm*

Virginia	1-877-ASK-VDH3 (1-877-275-8343)
Washington	1-800-525-0127
West Virginia	1-304-558-5358, Ext. 1
Wisconsin	1-608-258-0099
Wyoming	1-888-996-9104

If you have a medical emergency, call 911. Tell them your symptoms and that you traveled from China.