



What to do if you are a traveler from a country with widespread ongoing transmission of COVID-19 (updated 3/14/20)

If you are a traveler from a country with widespread ongoing transmission ([CDC Level 3 Travel Health Notice](#)), follow the steps below to monitor your health and avoid spreading the disease to others if you get sick.

What should I do if I have been in a country with widespread transmission of COVID-19 but am not sick?

You should stay home during the 14 days after the last day you were in the country with widespread ongoing transmission.

You should not go to work or school, and should avoid public places for 14 days.

You should take your temperature twice a day.

You should monitor your health for cough, shortness of breath or feeling feverish during the 14 days after the last day you were in the country with widespread ongoing transmission.

What should I do if I get sick?

If you develop a fever, cough, or have trouble breathing:

- Seek medical care, but call ahead before you go to a doctor's office or emergency room.
- Tell your doctor about your recent travel and your symptoms.
- Avoid contact with others.

If you have a medical emergency and need to call 911, notify the dispatch personnel that you have been exposed to COVID-19. If possible, put on a facemask before emergency medical services arrive or immediately after they arrive.

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 an area with widespread or ongoing community spread of COVID-19.