

Self-Monitor and Practice Social Distancing

Information for Return Travelers



Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.



Stay at home and avoid contact with others. Do not go to work or school for this 14-day period.



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



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



Keep your distance from others - about 6 feet or 2 meters

Take Everyday Precautions



Wash your hands



Don't touch face



Avoid sick people