COVID-19
International Travel

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If you have returned from ANY international travel or a cruise within the last 14 days and you're sick,

OR

if you have been in close contact with someone who has recently returned from international travel or a cruise and is sick:

- **CALL** your county health department (CHD).
- **SCAN** the code for the CHD finder.

The Centers for Disease Control and Prevention recommends self-isolation and social distancing for 14 days for all individuals who have traveled internationally.

How to self-isolate

- Stay home except to get medical care.
- Separate yourself from other people and animals in your home.
- Call ahead before visiting your doctor.
- Wear a facemask when others are around.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items.
- Clean all "high-touch" surfaces every day.

Symptoms

The most common symptoms of COVID-19 are **fever, cough and shortness of breath**.

Some patients have aches and pains, nasal congestion, runny nose, sore throat or diarrhea.

What to do if you get sick

If you get sick with fever (100.4°F/38°C or higher), cough or have shortness of breath:

- Seek medical care. **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 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.

Learn more:

tinyurl.com/FLcdctravel

tinyurl.com/FLcovidsick