COVID-19: Information for Returning Travelers



COVID-19 INFORMATION FOR RETURNING TRAVELERS

SELF-MONITOR AND PRACTICE SOCIAL DISTANCING



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



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



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



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



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



6. If you need support services during this self-monitoring and social distancing period, call 1-877-PA-HEALTH (1-877-724-3258).

You can return to your regular routine when 14 days have passed since your departure date, provided you remain well and have not been diagnosed with COVID-19. ***For example, if you left a country with a Level 3 Travel Health Notice on March 1, you can return to work starting on March 15. Employers should not require a doctor's note to return to work.***

TAKE EVERYDAY PRECAUTIONS



WASH YOUR HANDS



DON'T TOUCH FACE



AVOID SICK PEOPLE

INFORMATION + UPDATES:
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Created 03/05/2020