COVID-19: Information for Returning Travelers

COVID-19 SELF-MONITOR INFORMATION AND PRACTICE TRAVELERS SOCIAL DISTANCING



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



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







INFORMATION + UPDATES: HEALTH.PA.GOV



WASH YOUR HANDS

DON'T TOUCH FACE

AVOID SICK PEOPLE