

# 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.**



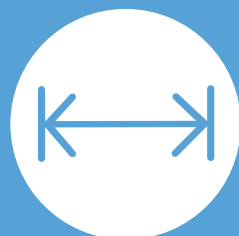
**2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period.**



**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:**  
<https://www.in.gov/isdh/28470.htm>



**Indiana State  
Department of Health**

Updated 03/09/2020