


# Travelers from Countries with Widespread Sustained (Ongoing) Transmission Arriving in the United States

To slow the spread of coronavirus disease 2019 (COVID-19) into the United States, CDC is working with state and local public health partners to implement after-travel health precautions.

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

Countries that have a Level 3 Travel Health Notice (widespread, ongoing transmission):

- China ([Level 3 Travel Health Notice](#))
  - More information for [Travelers from China arriving in the United States](#)
- Iran ([Level 3 Travel Health Notice](#))
- Italy ([Level 3 Travel Health Notice](#))
- South Korea ([Level 3 Travel Health Notice](#))



## Health Alert: Coronavirus Disease 2019 (COVID-19)

**You have traveled to a country with an outbreak of COVID-19 and are at higher risk.**  
COVID-19 is a respiratory illness that can spread from person to person.

### Stay Home

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### If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.


### Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

**Symptoms can include:**

-  Fever (100.4°F/38°C or higher)
-  Cough
-  Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)



CS 115649-8 February 29, 2020 4:15 PM

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**Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.**

Take these steps to monitor your health 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. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).

### **What To Do If You Get Sick**

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

- 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.

For additional questions on monitoring your health, [contact your local public health officials pdf icon\[2 pages\]](#).

Additional Resources

- [Communication Resources for Travelers](#)
- [About Coronavirus Disease 2019 \(COVID-19\)](#)
- [Frequently asked Questions and Answers about COVID-19](#)
- [Frequently asked Questions and Answers for Travelers](#)