

**HAVE YOU TRAVELED RECENTLY?**

Check the CDC "Information for Travel" page to see if the area you visited is listed  
<http://bit.ly/TravelCOVID-19>

If it is an area with widespread sustained (ongoing) transmission (Level 3) call  
 the Health Department at 610-344-6225 and follow the instructions below

**Stay Home for 14 Days**

**INFORM YOUR  
WORK OR SCHOOL**



**AVOID CONTACT  
WITH OTHERS**



**DON'T TAKE PUBLIC  
TRANSPORTATION**

**Monitor Your Health for Symptoms**

**FEVER**



**COUGH**



**SHORTNESS OF BREATH**

**Wash your Hands!**

**WASH OFTEN**



**USE SOAP**



**20  
SECONDS**

**FOR AT LEAST  
20 SECONDS**

**Soap & Water not  
Available?**

use an alcohol based  
hand sanitizer that  
contains  
**60-95% alcohol**

**Coughing or Sneezing?**

Cover your nose or mouth with  
a tissue or sleeve

Immediately wash your hands  
with soap and water

**When to Seek Medical Advice**

During the 14 days if you feel sick with fever, cough, or difficulty breathing

- Call ahead before you go to a doctor's office or emergency room
- Tell them about your recent travel and your symptoms
- Your healthcare provider will assess if you need to be tested for COVID-19

**INFORMATION & UPDATES:**

[Chesco.org/Health](https://www.chesco.org/Health)

**SOCIAL MEDIA:**

 [@ChesterCountyHealthDepartment](https://www.facebook.com/ChesterCountyHealthDepartment)

 [@ChescoHealth](https://twitter.com/ChescoHealth)