HAVE YOU TRAVELED Recently?
Check the CDC "Information for Travel" page to see if the area you visited is listed
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

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

SOCIAL MEDIA:
@ChesterCountyHealthDepartment
@ChescoHealth