

Whether you are returning home or just visiting, welcome to the United States! Since you are coming from a country with an Ebola outbreak, you may be worried and have questions. We want you to know that we CARE!

This **Check and Report Ebola (CARE) Kit** was created to help you get care if you get sick and to protect the health of those who are close to you. This kit provides a way for you to look for Ebola symptoms and to communicate with your health department each day for 21 days. A public health worker will contact you to help you.

## Items in your CARE Kit include:

<b>1</b>	<b>How to Check and Report Your Health for Ebola</b>	
<b>2</b>	<b>Digital Thermometer</b>	
<b>3</b>	<b>How to Use Your Thermometer to Check Your Temperature</b>	
<b>4</b>	<b>Symptom Card and Log</b>	
<b>5</b>	<b>CDC CARE Card</b>	
<b>6</b>	<b>Phone Numbers of State and Local Health Departments</b>	

For more information on how to use the items in your CARE Kit, visit:  
[www.cdc.gov/vhf/ebola/travelers/care-kit.html](http://www.cdc.gov/vhf/ebola/travelers/care-kit.html)



**U.S. Department of Health and Human Services**  
Centers for Disease Control and Prevention