

CARE

Check and Record Everyday

简体中文版请翻转

VERSION: 02.21.2020



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



Check and Record Everyday

You have received this booklet of important health information because you traveled from the People's Republic of China. There is an ongoing outbreak of coronavirus disease 2019 (COVID-19) in China. COVID-19 is a respiratory illness caused by a virus that can spread from person to person.

If you have returned from Hubei Province within the last 14 days, you will be monitored by the public health department in your destination state. Monitoring will include agreements or legal orders such as a quarantine order.

Under these agreements or quarantine orders:

- You must stay at your home, or at a location chosen by your state or local health department or the U.S. government for a 14-day period from the time you left Hubei Province.
- Follow the directions in the quarantine order and the directions provided by your health department and the U.S. government.

If you have returned from China (other than Hubei Province), CDC strongly recommends you protect yourself and others by self-monitoring at home for 14 days from the time you left China. Take these steps to monitor your health:

- 1.** Take your temperature with a thermometer two times a day and watch for cough or difficulty breathing (see instructions in this booklet).
- 2.** Stay home from school.
- 3.** Employees: Discuss your work situation with your employer before returning to work.
- 4.** Do not take public transportation, taxis, or ride-shares.
- 5.** Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- 6.** Keep your distance from others (about 6 feet or 2 meters).
- 7.** If you get sick with fever, cough, or trouble breathing, follow instructions on page 3.
- 8.** 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 China.

Your health department may have specific instructions for you to follow that may be more restrictive than described above.

Connect with your health department upon return from travel (phone list included in this booklet). They will let you know:

- How you should report your health checks to the health department
- How often you should report your health checks
- Who to contact if you get sick with symptoms of fever, cough, or trouble breathing
- What else you should do if you develop symptoms
- Who to contact if you have questions

When you connect with the health department, ask them for the following contact information. Keep track of this important information by writing it below.

The contact information for staff at the health department is:

Name(s):

Phone Number:

After-hours phone number:

Email or website:

Other method:



Use the space below to write important information given to you.

How do I report my health checks?

How often should I report my health checks?

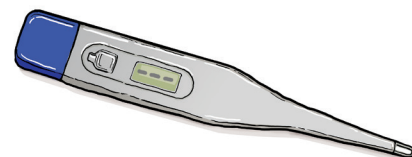
If I get sick, what does the health department want me to do?

Who do I contact if I have additional questions?

Check Your Health and Record Every Day



If you have been exposed to a person with COVID-19, it may take up to 14 days to know if you will get sick. It is important to check your health two times each day for 14 days after you leave China. Follow the steps below to check and record your health.

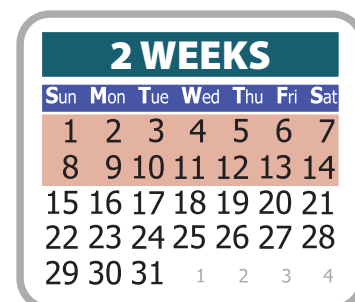


Step 1 Do health checks every morning and every night:

- Take your temperature and/or that of family members who traveled with you and cannot do so themselves.
- In addition to fever, be alert for any other symptoms of COVID-19, including cough or difficulty breathing.
- Write your temperature and any symptoms in the log included in this booklet.
- Write family members' temperatures and symptoms in their own booklets.

Family members who did not travel with you do not need to be monitored.

Step 2 If your health department asks you to report your temperature and any symptoms, follow their instructions.



Step 3 If you have fever (fever is 100.4°F/38°C or higher), cough, or trouble breathing:

1. Do not go out in public.
2. Call the phone number listed for your health department in this booklet. Remind them that you are self-monitoring.
3. If you can't reach your health department, seek medical advice – call ahead before you go to a doctor's office or emergency room. Tell them about your recent travel, your symptoms, and guidance received from the health department.
4. Avoid contact with others.
5. Do not travel while sick.
6. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
7. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others.
8. Wash your hands with soap and water immediately after coughing, sneezing, or blowing your nose. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.

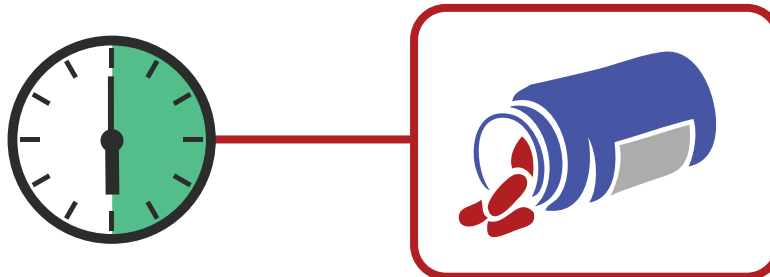
Before you take your temperature:

Wait 30 minutes after eating, drinking, or exercising.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

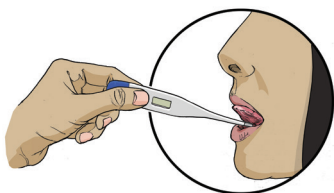
- Acetaminophen, also called paracetamol
- Ibuprofen
- Aspirin



How to Take Your Temperature



1. Turn the thermometer on by pressing the button near the screen.



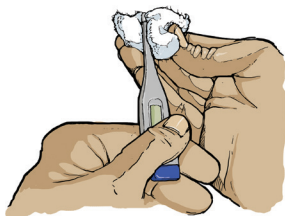
2. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.



3. Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.



4. Write your temperature in the 14-Day Symptom and Temperature Log in this booklet.



5. Clean the top of your thermometer with soap and water and dry it well.

PLEASE NOTE: For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit.

For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever. Tell the public health worker that you are taking the child's temperature this way.

Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days after you left China.

1. Fill in the dates on the log, starting with Day 0 and ending with Day 14. Day 0 is the day you left China.
2. Start recording your temperature and symptoms, beginning with today's date.
Fever is 100.4°F/38°C or higher.
3. If you get sick, contact your health department. Be sure to tell them you were in China, your symptoms, and that you are self-monitoring.
4. Your daily health checks are complete 14 days after you left China, or as indicated by public health authorities.

DAY	DATE	SYMPTOMS	TEMP
DAY 0	Feb 1, 2020	Day 0 is the day you left the China.	
DAY 1	Feb 2, 2020	 No Symptoms	97.4 F
		 No Symptoms	98.6 F
DAY 2	Feb 3, 2020	 No Symptoms	96.9 F
		 No Symptoms	98.6 F
DAY 3	Feb 4, 2020	 No Symptoms	98.0 F
		 No Symptoms	98.6 F
DAY 4	Feb 5, 2020	 No Symptoms	97.3 F
		 No Symptoms	98.6 F
DAY 5	Feb 6, 2020	 No Symptoms	96.5 F
		 No Symptoms	98.6 F

Symptom and Temperature Log

Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day you left China.	
DAY 1		 	
DAY 2		 	
DAY 3		 	
DAY 4		 	
DAY 5		 	
DAY 6		 	
DAY 7		 	
DAY 8		 	
DAY 9		 	
DAY 10		 	
DAY 11		 	
DAY 12		 	
DAY 13		 	
DAY 14		 	



If you get sick, contact your health department as instructed and remind them you were in China, your symptoms, and that you are self-monitoring. Your daily health checks are complete at 14 days after you left China, or as indicated by public health authorities.

If you have a medical emergency, call 911. Tell them your symptoms and that you traveled from China.

This is a list of telephone numbers for health departments across the United States that travelers can use to connect with the health department in their destination state or the state they are in. These phone lines are monitored at all times, and travelers may call 24 hours a day and 7 days a week unless noted. Members of the public with general questions about COVID-19 should call their state health department's main daytime telephone number or they can contact CDC at www.cdc.gov/cdc-info or 1-800-CDC-INFO (800-232-4636) or TTY 888-232-6348.

State	Phone Number
Alabama	1-800-338-8374
Alaska	1-800-478-0084 or 1-907-269-8000
Arizona	1-602-747-7099
Arkansas	1-800-554-5738
California	1-800-852-7550 <i>Ask for the CDPH Duty Officer</i> <i>If you are in L.A. County, call:</i> 1-213-974-1234
Colorado	1-303-370-9395 <i>Available until 10:00pm MT</i>
Connecticut	1-860-509-8000
Delaware	1-888-295-5156
District of Columbia	1-202-576-1117
Florida	1-850-245-4401
Georgia	1-866-782-4584
Hawaii	1-808-586-4586
Idaho	1-208-334-5939
Illinois	1-800-889-3931 <i>If you are in Chicago, call:</i> 1-312-744-5000 <i>Available from 9:00am-5:00pm CT</i>
Indiana	1-317-233-1325
Iowa	1-800-362-2736
Kansas	1-877-427-7317
Kentucky	1-888-973-7678
Louisiana	1-800-256-2748
Maine	1-800-821-5821
Maryland	1-410-795-7365
Massachusetts	1-617-983-6800
Michigan	1-517-335-9030
Minnesota	1-877-676-5414
Mississippi	1-601-576-7725
Missouri	1-800-392-0272, Ext.1
Montana	1-406-444-0273

Phone Numbers for State and Local Health Departments

State	Phone Number
Nebraska	1-402-444-3400 <i>Available from 8:30am-4:00pm CT</i>
Nevada	1-775-400-0333
New Hampshire	1-603-271-44961
New Jersey	1-800-222-1222
New Mexico	1-505-827-0006
New York	1-888-364-3065 <i>Available from 9:00am-6:00pm</i>
<i>If you are in New York City, call:</i>	1-866-692-3641, Ext.1
North Carolina	1-866-462-3821
North Dakota	1-701-328-2270
Ohio	1-614-722-7221
Oklahoma	1-405-271-4060
Oregon	1-971-673-0977
Pennsylvania	1-877-724-3258
<i>If you are in Philadelphia, call</i>	1-215-686-4514
<i>If you are in Pittsburgh, call</i>	1-412-687-2243
Puerto Rico	1-787-765-2929, Ext.3552 or 3551
Rhode Island	1-401-222-2577
South Carolina	1-888-847-0902
South Dakota	1-800-592-1861
Tennessee	1-615-741-7247
Texas	1-512-776-7111
Utah	1-888-374-8824
Vermont	1-802-863-7240
Virgin Islands	See below.
<i>If you are in St. Thomas, call:</i>	1-340-774-9000 <i>Available from 9:00am-5:00pm</i>
<i>If you are in St. Croix, call:</i>	1-340-718-1311 <i>Available from 9:00am-5:00pm</i>
Virginia	1-877-ASK-VDH3 (1-877-275-8343)
Washington	1-800-525-0127 <i>Available from 6:00am-10:00pm</i>
West Virginia	1-304-558-5358, Ext. 1
Wisconsin	1-608-258-0099
Wyoming	1-888-996-9104
Northern Marian Islands	1-670-234-8950

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您收到这份重要的健康信息手册是因为您的航班来自中华人民共和国。在中国, 2019 冠状病毒疾病 (COVID-19) 疫情持续蔓延。COVID-19 是一种由病毒引起的呼吸系统疾病, 并且可以在人与人之间传播。

如果您在过去的14天内从湖北省返回, 您目的地州的公共卫生部门将对您进行监测。监测将包括协议或法律条令, 例如检疫条令。

根据这些协议或检疫条令:

- 从您离开湖北省开始的14天内, 您必须呆在家中, 或待在您所在州或地方卫生部门, 或美国政府所指定的地点。
- 请遵循检疫条令, 您卫生部门还有美国政府提供的指示。

如果您从中国返回 (湖北省除外), CDC 强烈建议您在离开中国的14天内, 通过在家自我监测来保护自己与他人。请采取以下步骤来监测您的健康:

- 1.** 每日两次用体温计测量您的体温, 并且密切关注咳嗽, 或呼吸困难 (请参见手册中的指示)。
- 2.** 呆在家中, 请不要去学校。
- 3.** 雇员: 请在返回工作之前和您的雇主讨论您的工作情况。
- 4.** 请不要乘坐公共交通, 出租车, 或与他人共同乘车。
- 5.** 避免去拥挤的地点 (例如, 购物中心和电影院) 并且限制您在公共场所的活动。
- 6.** 与他人保持距离 (大约 6 英尺 或 2 米)。
- 7.** 如果您生病并伴有发烧, 咳嗽, 或呼吸困难, 请遵循第三页的指示。
- 8.** 如果因为其他的原因需要就医, 如透析, 请提前打电话联系您的医生并且告知他们您最近去中国的旅行。

您当地的卫生部门可能会有更严格的具体指示供您遵循。

在您旅行返回后，请与您的卫生部门联系 (手册中包含电话列表)。他们会告知您：

- 如何向卫生部门报告您的健康检查？
- 应该多久报告一次您的健康检查？
- 如果生病并伴有发烧，咳嗽，或呼吸困难的症状，您该联系谁？
- 如果出现症状，您还应该做什么？
- 如果有疑问，您应该询问谁？

当您与卫生部门联系时，请寻求以下联系方式。
请在下方填写并记录重要信息。

卫生部门的工作人员联系方式：

姓名：

电话号码：

非办公时间电话号码：

邮箱或网址：

其他方式：



请使用以下空白处填写提供给您的重要信息。

如何报告我的健康检查？

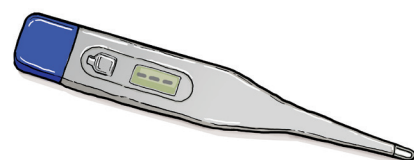
我应该多久报告一次我的健康检查？

如果我生病了，卫生部门希望我怎么做？

如果有其他的疑问，我应该联系谁？



如果您曾接触过感染2019 冠状病毒疾病(COVID-19)的人, 可能需要14天的时间得知您是否会生病。在您离开中国后的14天内, 每天2次检测您的健康是十分重要的。请按照以下步骤来监测和记录您的健康。



第一步 请每日早, 晚检测您的健康.

- 请测量您的体温, 并/或帮助其他与您同行但无法自行测量的家庭成员。
- 除了发烧, 请警惕其他2019冠状病毒疾病的症状, 包括咳嗽, 或呼吸困难。
- 请在此手册的日志中填写您的体温和其他任何症状。
- 请将家庭成员的体温和症状填写在他们的手册中。

未与您同行的家庭成员无需被检测。

第二步 如果您的卫生部门要求您报告您的体温和任何症状, 请遵循他们的指示。



第三步 如果您发烧 (发烧为100.4° F/38° C 或更高), 咳嗽, 或呼吸困难:

1. 请不要去公共场所。
2. 请拨打本手册中列出的您当地卫生部门的电话号码, 提醒他们您在自我监测。
3. 如果无法联系到您的卫生部门, 请寻求医生建议 — 请在去医生办公室或急诊室之前先打电话咨询。告知他们您最近的旅行, 您的症状, 和卫生部门给您的指示。
4. 避免与他人接触。
5. 请不要生病时旅行。
6. 在咳嗽或打喷嚏时请用纸巾或您的衣袖 (不要用手) 掩盖口鼻。
7. 避免传播病毒给他人, 请用肥皂和水洗手, 至少20秒。
8. 请在咳嗽, 打喷嚏, 或擦鼻涕后, 立即用肥皂和水洗手。如果没有肥皂和水, 您可以使用酒精含量60%-95% 的酒精类洗手液进行手部消毒。如果手看起来脏, 请经常用肥皂和水洗手。

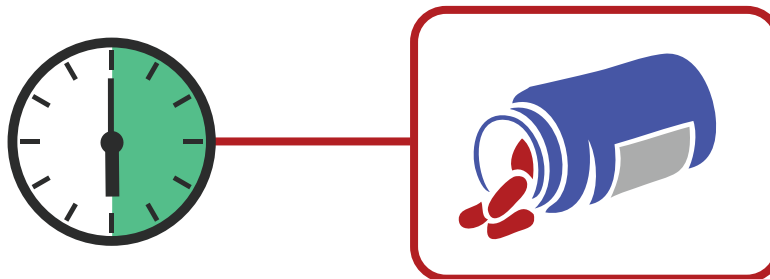
在您测量体温之前:

饭后，饮水后，或运动后，请等待30 分钟



在服用退烧药后，请等待至少6小时，比如：

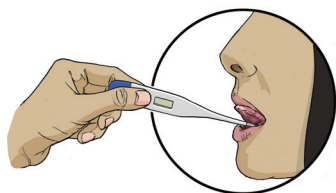
- 对乙酰氨基酚，又称为扑热息痛，
- 布洛芬
- 阿司匹林



如何测量您的体温



1. 通过按压屏幕旁边的按钮来打开体温计。



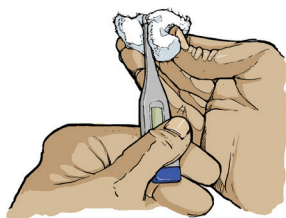
2. 把体温计的尖端放在舌头下面，直到它发出哔哔声。不要咬体温计。



3. 在屏幕上读取您的体温。如果您的体温为 100.4° F/38° C 或更高，您已发烧。



4. 请在手册内，在14天症状和体温日志中写下您测量的体温。



5. 用肥皂和水清洗体温计的尖端，并晾干。

请注意：对于4岁以下婴幼儿，请使用适龄的体温计测量，比如耳温枪。如果您没有此类体温计，请将常规体温计放置在儿童的腋窝中央。

使用腋窝测量的方式，如果孩子的体温为 99.4° F/37.4° C 或更高，孩子已发烧。请告知公共卫生工作人员，您用此方法为您的孩子测量体温。

每天两次（早上和晚上），写下您的体温和任何2019冠状病毒疾病的症状：感觉发热，咳嗽，或呼吸困难。请在离开中国后的14天内，每天都要这样记录。

1. 在日志中填写日期，从第0天开始到第14天结束。第0天是您离开中国的时间。
2. 从今日起开始记录您的体温和症状。发烧为 **100.4° F/38° C 或更高**。
3. 如果您生病了，联系您的卫生部门。请一定告知他们您曾去过中国，您的症状，并且您正在自我监测。
4. 您的日常健康检查会在您离开中国后的14天完成，或根据公共卫生官员的指示。

日	日期	症状	体温 (°C摄氏度)
第0天	2020年2月1日	第0天是您离开中国的日期。	
第1天	2020年2月2日	 无症状	36.3
		 无症状	37
第2天	2020年2月3日	 无症状	36
		 无症状	37
第3天	2020年2月4日	 无症状	36.7
		 无症状	37
第4天	2020年2月5日	 无症状	36.4
		 无症状	37
第5天	2020年2月6日	 无症状	35.8
		 无症状	37

症状和体温日志

请您在之后的14天内，每天都在下列表格中记录下您的症状和体温。

日	日期	症状	体温 (°C摄氏度)
第0天		第0天是您离开中国的日期。	
第1天			
			
第2天			
			
第3天			
			
第4天			
			
第5天			
			
第6天			
			
第7天			
			
第8天			
			
第9天			
			
第10天			
			
第11天			
			
第12天			
			
第13天			
			
第14天			
			

如果您生病了，请依照指示联系您的卫生部门，告知他们您曾去过中国，您的症状，并且您在自我监测中。您的日常健康检查在您离开中国后的14天完成，或根据公共官员的指示。

* 如果您需要急诊，请拨打911。告知他们您的症状，并且您曾去过中国。

这是美国各地卫生部门的电话号码列表，旅客可以使用这些号码与目的地州或所在州的卫生部门联系。这些电话线路全天受到监控，除有特别说明外，旅客可以全天24小时，一周7天电话联系。有关COVID-19 的普遍问题，公众可以拨打州卫生部门的日间办公电话或通过网址 www.cdc.gov/cdc-info 与CDC取得联系，电话号码为 1-800-CDC-INFO (800-232-4636) 或 TTY 888-232-6348。

州	电话号码
Alabama	1-800-338-8374
Alaska	1-800-478-0084 or 1-907-269-8000
Arizona	1-602-747-7099
Arkansas	1-800-554-5738
California	1-800-852-7550 寻求CDPH执勤官
如果您在 L.A. County, 致电:	1-213-974-1234
Colorado	1-303-370-9395 办公时间至 10:00pm 山地时间
Connecticut	1-860-509-8000
Delaware	1-888-295-5156
District of Columbia	1-202-576-1117
Florida	1-850-245-4401
Georgia	1-866-782-4584
Hawaii	1-808-586-4586
Idaho	1-208-334-5939
Illinois	1-800-889-3931
如果您在 Chicago, 致电:	1-312-744-5000 办公时间 9:00am-5:00pm 中部时间
Indiana	1-317-233-1325
Iowa	1-800-362-2736
Kansas	1-877-427-7317
Kentucky	1-888-973-7678
Louisiana	1-800-256-2748
Maine	1-800-821-5821
Maryland	1-410-795-7365
Massachusetts	1-617-983-6800
Michigan	1-517-335-9030
Minnesota	1-877-676-5414
Mississippi	1-601-576-7725
Missouri	1-800-392-0272, Ext.1
Montana	1-406-444-0273

州和地方卫生部门的电话号码

州	电话号码
Nebraska	1-402-444-3400 办公时间8:30am-4:00pm 中部时间
Nevada	1-775-400-0333
New Hampshire	1-603-271-44961
New Jersey	1-800-222-1222
New Mexico	1-505-827-0006
New York	1-888-364-3065 办公时间 9:00am-6:00pm
如果您在 New York City, 致电:	1-866-692-3641, Ext.1
North Carolina	1-866-462-3821
North Dakota	1-701-328-2270
Ohio	1-614-722-7221
Oklahoma	1-405-271-4060
Oregon	1-971-673-0977
Pennsylvania	1-877-724-3258
如果您在 Philadelphia, 致电	1-215-686-4514
如果您在 in Pittsburgh, 致电	1-412-687-2243
Puerto Rico	1-787-765-2929, Ext.3552 or 3551
Rhode Island	1-401-222-2577
South Carolina	1-888- 847-0902
South Dakota	1-800-592-1861
Tennessee	1-615-741-7247
Texas	1-512-776-7111
Utah	1-888-374-8824
Vermont	1-802-863-7240
Virgin Islands	See below.
如果您在 St. Thomas, 致电:	1-340-774-9000 办公时间9:00am-5:00pm
如果您在 St. Croix, 致电:	1-340-718-1311 办公时间 9:00am-5:00pm
Virginia	1-877-ASK-VDH3 (1-877-275-8343)
Washington	1-800-525-0127 办公时间6:00am-10:00pm
West Virginia	1-304-558-5358, Ext. 1
Wisconsin	1-608-258-0099
Wyoming	1-888-996-9104
Northern Marian Islands	1-670-234-8950