

Self-Quarantine, Self-Isolation, and Self-Monitoring Guidance

If you have been to a [Level 3 country or a U.S. state with community transmission](#) in the past 14 days, please refer to the following guidance on how to self-quarantine and self-monitor:

How do I self-quarantine myself?

- Stay home. This means do not go to school, work, public areas, or attend large gatherings, such as parties, weddings, meetings, and sporting events. If you need medical care, call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms and that you traveled to an area of the world that has a COVID-19 outbreak.
- Do not use public transportation, ride-sharing, or taxis.
- Do not go out to restaurants or have guests over to your house.
- Postpone any travel. If travel is absolutely necessary, you must contact your [local health department](#) first for instructions. Please know, if you choose to travel and become ill while you are away, you may not be able to return home using public transport (for example, air travel) until you are well and released from possible isolation by the local public health department.
- Wash your hands often and practice good hygiene.
- As long as you feel healthy, you may leave the home (in a private vehicle) for a limited time to take care of routine and necessary activities, such as grocery shopping or visiting the pharmacy. Try to avoid busy times of day.
- Postpone all nonessential medical appointments (for example, dental cleaning, eye exam, routine check-up) until you are out of quarantine. If you have an essential appointment during the quarantine, please call your provider ahead of time and tell them that you traveled to an area of the world experiencing a COVID-19 outbreak. Your [local health department](#) may also be able to help you.
- If you need medical care, call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms and that you traveled to an area of the world experiencing a COVID-19 outbreak.
- Consider minimizing contact with people and animals in your home (stay in your own room and, if possible, use your own bathroom). Avoid sharing personal household items such as dishes, towels, and bedding.

How do I monitor myself for symptoms of COVID-19?

For the 14 days after you leave a Level 3 country or state with community transmission, you should monitor yourself (watch yourself) for symptoms.

Self-monitoring instructions:

- If possible, take your temperature twice a day with a thermometer. A fever is typically a temperature of 100.4°F or greater. If you do not have a thermometer, symptoms of fever may include feeling unusually hot for no reason, having chills or having the sweats.
- Watch for fever, cough, or trouble breathing.

What should I do if I get a fever, cough, or am having trouble breathing, or need medical care?

- Call your health care provider. Call ahead before you go to your doctor's office or to an emergency room. Tell them your symptoms and that you traveled to an area experiencing a community transmission of COVID-19.
- Do not use public transportation, ride-sharing, or taxis.
- If you have a facemask, wear it if you need to be around other people.
- Cover your mouth and nose with a tissue when you cough and sneeze.

If you need emergency medical attention at any time during the 14 days after your return, call 911 and let them know that you traveled to an area experiencing a community transmission of COVID-19.