



# OKLAHOMA State Department of Health

## COVID-19 Traveling from outside of the United States

Depending on your travel history, you will be asked to stay home for a period of 14 days from the time you left an area with widespread or ongoing community spread (Level 3 Travel Health Notice).

### COUNTRIES THAT HAVE A LEVEL 3 TRAVEL HEALTH NOTICE (WIDESPREAD, ONGOING TRANSMISSION):

- China
- Iran
- South Korea
- Europe (Schengen Area):
  - Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden, Switzerland, Monaco, San Marino, Vatican City
- United Kingdom and Ireland:
  - England, Scotland, Wales, Northern Ireland, Republic of Ireland

## HEALTH ALERT: Coronavirus Disease 2019 (COVID-19)

You have traveled to a country with an outbreak of COVID-19 and are at higher risk.

COVID-19 is a respiratory illness that can spread from person to person.

### Stay Home

Stay home for the next 14 days and monitor your health. Take your temperature with a thermometer two times a day and watch for symptoms.




### If you feel sick and have symptoms:

- Call ahead before you go to a doctor's office or emergency room.
- Tell the doctor about your recent travel and your symptoms.
- Avoid contact with others.
- Do not travel while sick.

### Symptoms

Illnesses have ranged from mild symptoms to severe illness and death. Symptoms may appear 2–14 days after exposure.

### Symptoms can include:

-  Fever (100.4°F/38°C or higher)
-  Cough
-  Shortness of breath

Visit the website for more information on monitoring your health and how to contact local public health officials. Visit: [www.cdc.gov/COVIDtravel](http://www.cdc.gov/COVIDtravel)





*Stay home for 14 days from the time you left an area with widespread, ongoing community spread (Level 3 Travel Health Notice countries) and practice social distancing.*

**TAKE THESE STEPS TO MONITOR YOUR HEALTH AND PRACTICE SOCIAL DISTANCING:**

1. Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
2. Stay home and avoid contact with others. Do not go to work or school for this 14-day period. Discuss your work situation with your employer before returning to work.
3. Do not take public transportation, taxis, or ride-shares during the time you are practicing social distancing.
4. Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
5. Keep your distance from others (about 6 feet or 2 meters).
6. spread of COVID-19.

Please note, the Oklahoma State Department of Health (OSDH) encourages anyone who is experiencing flu-like symptoms, to self-quarantine for 14 days and report any concerning symptoms to a health care provider or call the **OSDH Call Center at 877-215-8336**.

The OSDH regularly updates the Oklahoma-specific COVID-19 website found at <https://coronavirus@health.ok.gov>.