COVID-19
(Coronavirus)

HAVE YOU RECENTLY TRAVELED OUT OF THE UNITED STATES?

If you become sick in the next 14 days:
• Call your doctor or health care provider
• Tell them where you have traveled
• They will give you instructions on how to get care without exposing other people to your illness

HEALTHY EVERYDAY ACTIVITIES
• Avoid close contact with people who are sick.
• Avoid touching your eyes, nose, and mouth.
• Wash your hands often with soap and water for at least 20 seconds
• Use an alcohol-based hand sanitizer if soap and water are not available.

IF YOU ARE SICK
• Stay home when you are sick.
• Cover your cough or sneeze with your sleeve
• Clean and disinfect frequently touched objects and surfaces.

Visit our website for more information: www.c-uphd.org

Champaign-Urbana Public Health District
www.c-uphd.org