

Welcome to the United States

Whether you are returning home or just visiting, we hope you enjoy your time in the United States. We know that you just came from a country with an Ebola outbreak and that this can cause worry and fear. We want to make sure that you know what to do now. We also want to make sure you know what to do to protect your health and the health of those who are close to you.

This is the **Check and Report Ebola (CARE) Kit**. The Kit has information about Ebola. It also contains tools to help you do daily health checks for the next 21 days. Your daily health checks will include taking your temperature and checking for Ebola symptoms each morning and night. You will need to report your daily health checks to a public health worker each day for 21 days. A public health worker from the health department where you will be will contact you. You will be told how to report daily and who to contact if you develop a fever or other symptoms.

You will find these 6 items in your CARE Kit:

1

Digital Thermometer

A thermometer is in your kit so that you can take your temperature every morning and every night for 21 days.

2

Directions for your Digital Thermometer

*(Title is: **Take your Temperature Two Times a day, Morning and Night**)*

The directions show how to:

- *take your temperature using the thermometer in your kit and*
- *record your thermometer reading.*

3

Ebola CARE Kit Health Advisory

The Health Advisory is a quick tool to remind you to check your temperature and symptoms 2 times each day for 21 days. This tool also reminds you who to call if you have symptoms.

4

Symptom Card and Log

The first page of the Symptom Card and Log shows the signs and symptoms of Ebola. The other pages ask you to do a health check each morning and night. Make sure to write down the date, your temperature, and any symptoms you may have. You should do this health check 2 times a day, for 21 days after your arrival to the United States.

5

A Check and Report Ebola (CARE) Card

The CARE Card is a reminder to do health checks each day and who to call if you have symptoms.

If you call a public health worker, the state health department, or a doctor, tell them you have a CDC CARE card. Keep this card with you for 21 days after your arrival to the United States.

6

Phone Numbers of State and Local Health Departments

This is a list of telephone numbers for state health departments across the United States. The list is given so you may contact the state health department in the state you are in if you have symptoms.

If you have no symptoms or fever after 21 days, you are no longer at risk of Ebola. We hope you find this Kit useful. Please use it to keep yourself safe and help others around you to be safe too.



U.S. Department of
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Centers for Disease
Control and Prevention