

Health Alert: Coronavirus Disease 2019 (COVID-19)

You have recently been on a cruise ship or river cruise.
COVID-19 is a respiratory illness that can spread from person to person.

Stay home for 14 days from the time you left the cruise ship or river cruise 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.
3. Keep your distance from others (about 6 feet or 2 meters).

What To Do If You Get Sick

If you get sick with fever, cough, or have trouble breathing in the 14 days after you return from travel:

- Stay home. Avoid contact with others.
- You might have COVID-19; most people are able to recover at home without medical care.
- If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent travel and your symptoms.
- Call ahead before you go to a doctor's office or emergency room.

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 on a cruise ship or river cruise.



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