



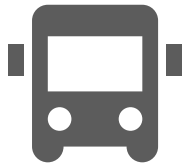
Self-Monitoring and Practice Social Distancing

This information is for returning travelers not experiencing any symptoms. If you have recently traveled and have a fever, cough, or trouble breathing, please contact your healthcare provider immediately. Tell them of your symptoms and recent travel history.



Stay home and avoid close contact with others. Do not go to work or school for this 14-day period.

Monitor for fever by taking your temperature with a thermometer two times a day. If you develop a fever, coughing, or trouble breathing, please contact your healthcare provider immediately.



Do not take public transportation, taxis, or ride-shares.

Avoid crowded places (such as shopping centers and movie theaters) and limit activities in public.



Keep your distance from others (about 6 feet or 2 meters).

If you need support services during this self-monitoring and social distancing period, call the "Ask My Nurse" hotline 9am-7pm: (713) 634-1110



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You can return to your regular routine when 14 days have passed since your departure date, provided you remain well and have not been diagnosed with COVID-19. For example, if you left a country with a Level 3 Travel Health Notice on March 1, you can return to work starting on March 15. Employers should not require a doctor's note to return to work.