# Coronavirus Disease 2019
# COVID-19 ALERT
## *ALL* TRAVELERS ARE REQUIRED TO QUARANTINE FOR 14 DAYS AFTER ARRIVAL

**If you get sick within two weeks** of arriving in Alaska, please seek medical advice as soon as you can. If you have one, call your health care provider. If you don't know a provider, please call **211**.

- Stay at home for 14 days and remain out of public places; do not go to work, school, child care
- Check yourself for fever (100.4° F or greater) in the morning and evening, and remain alert for cough or shortness of breath
- If you develop symptoms, notify your health care provider

## Any questions? Call 211.



**FEVER**

**COUGH**

**SHORTNESS OF BREATH**

If you are seeking care, tell the health care provider if you have any of these symptoms of COVID-19:

- A fever 100.4° F or greater (38° C)
- Cough
- Shortness of breath

**Contact your health care provider *BEFORE YOU GO IN.* It is important to tell the provider's office that you have been outside Alaska recently.**



STATE of ALASKA
Department of Health and Social Services

DHSS website: **coronavirus.alaska.gov**
CDC website: **cdc.gov/covid19**