COVID-19 SELF-MONITOR 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 for this 14-day period.

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

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

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

6. If you need support services during this self-monitoring and social distancing period, call 317-233-7125 or the after-hours number at 317-233-1325.

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.

TAKE EVERYDAY PRECAUTIONS

WASH YOUR HANDS  DON’T TOUCH FACE  AVOID SICK PEOPLE

INFORMATION + UPDATES:
https://www.in.gov/isdh/28470.htm

Indiana State Department of Health
Updated 03/09/2020