

# COVID-19 (2019 Novel Coronavirus)



## TRAVEL ALERT: COVID-19

**CDC recommends avoiding non-essential travel to certain areas of the world.**

There is a widespread, ongoing **respiratory illness outbreak** caused by a novel (new) coronavirus, COVID-19.

**Coronaviruses** are a large family of viruses and usually only cause mild respiratory disease, such as the common cold.

Signs and symptoms of this illness include **fever, cough, and difficulty breathing.**

COVID-19 can spread from person to person and has the potential to cause **severe disease.**

### If you must travel:

- Visit the CDC Travel Health Notices page: <https://wwwnc.cdc.gov/travel/notices>.
- Avoid contact with sick people.
- Wash hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Older adults and travelers with underlying health issues may be at risk for more severe disease and should discuss travel with their health care provider.

### If you traveled to an area with widespread or ongoing community spread of COVID-19 (Level 3 Travel Health Notice):

- Stay home for 14 days from the time you left the area and avoid contact with others.
- Take your temperature with a thermometer twice a day and monitor for fever, cough or trouble breathing.
- Do not go to work or school during the 14-day period. Discuss your work situation with your employer before returning to work.
- Do not take public transportation, taxis, or ride-shares during the 14-day period.
- Avoid crowded places (like shopping centers and movie theaters) and limit public activities. Keep your distance from others (about 6 feet).
- If you get sick with fever (100.4°F or higher), cough, or have trouble breathing, contact a health care provider for medical advice. Tell your health care provider about your recent travel and your symptoms and they will determine if you need to be evaluated.

For more information, visit the [CDC Travel Health Notices](#) and the [NJDOH COVID-19](#) webpages.



Follow the New Jersey Department of Health on [Twitter](#) @njdeptofhealth, [Facebook](#) /njdeptofhealth and [Instagram](#) @njdeptofhealth.