

# 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.**



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.



DHSS website: [coronavirus.alaska.gov](https://coronavirus.alaska.gov)  
CDC website: [cdc.gov/covid19](https://cdc.gov/covid19)