



MONITOR YOUR HEALTH AFTER TRAVEL

WATCH FOR SYMPTOMS **WHILE TRAVELING**
& FOR **21 DAYS AFTER** YOU RETURN



- ✓ Fever
- ✓ Sore Throat
- ✓ Cough
- ✓ Shortness of Breath
- ✓ Unexplained Fatigue
- ✓ Muscle Pain
- ✓ Diarrhea
- ✓ Nausea
- ✓ Vomiting
- ✓ Rash
- ✓ Other Severe Symptoms

Your symptoms and activities while traveling help your doctor determine your exposure and directs the diagnosis and treatment.

WHAT TO TELL YOUR DOCTOR

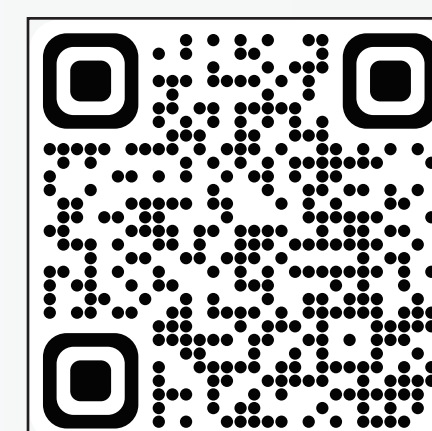
- ✓ Your Symptoms
- ✓ When Symptoms Started
- ✓ Countries Visited
- ✓ Activities While Traveling
- ✓ Possible Exposures: foods you ate, water you drank, insect bites, medical care received



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