

Welcome to the United States

Whether you are returning home or just visiting, we hope you enjoy your time in the United States. We know that you just came from a country with an Ebola outbreak and that this can cause worry and fear. We want to make sure that you know what to do now. We also want to make sure you know what to do to protect your health and the health of those who are close to you.

This is the **Check and Report Ebola (CARE)** Kit. The Kit has information about Ebola. It also contains tools to help you do daily health checks for the next 21 days. Your daily health checks will include taking your temperature and checking for Ebola symptoms each morning and night. You will need to report your daily health checks to a public health worker each day for 21 days. A public health worker from the health department where you will be will contact you. You will be told how to report daily and who to contact if you develop a fever or other symptoms.

You will find these 6 items in your CARE Kit:

1	Digital Thermometer <i>A thermometer is in your kit so that you can take your temperature every morning and every night for 21 days.</i>
2	Directions for your Digital Thermometer (Title is: <i>Take your Temperature Two Times a day, Morning and Night</i>) <i>The directions show how to:</i> • take your temperature using the thermometer in your kit and • record your thermometer reading.
3	Ebola CARE Kit Health Advisory <i>The Health Advisory is a quick tool to remind you to check your temperature and symptoms 2 times each day for 21 days. This tool also reminds you who to call if you have symptoms.</i>
4	Symptom Card and Log <i>The first page of the Symptom Card and Log shows the signs and symptoms of Ebola. The other pages ask you to do a health check each morning and night. Make sure to write down the date, your temperature, and any symptoms you may have. You should do this health check 2 times a day, for 21 days after your arrival to the United States.</i>
5	A Check and Report Ebola (CARE) Card <i>The CARE Card is a reminder to do health checks each day and who to call if you have symptoms. If you call a public health worker, the state health department, or a doctor, tell them you have a CDC CARE card. Keep this card with you for 21 days after your arrival to the United States.</i>
6	Phone Numbers of State and Local Health Departments <i>This is a list of telephone numbers for state health departments across the United States. The list is given so you may contact the state health department in the state you are in if you have symptoms.</i>

If you have no symptoms or fever after 21 days, you are no longer at risk of Ebola.

We hope you find this Kit useful. Please use it to keep yourself safe and help others around you to be safe too. Together, we can protect everyone from Ebola.

EBOLA CARE Kit Symptom Card and Log

Track your symptoms on the following pages for 21 days.

If you have a fever or any of these symptoms, follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

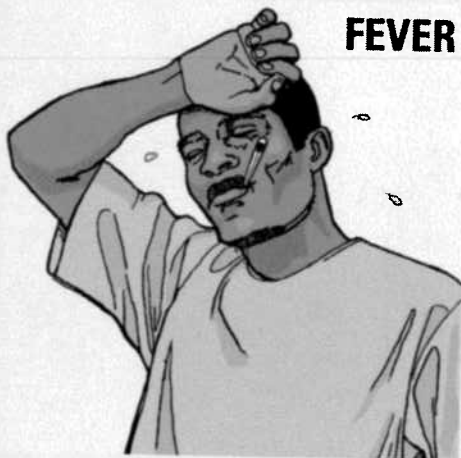
If you have a medical emergency, call 911.

Remember:

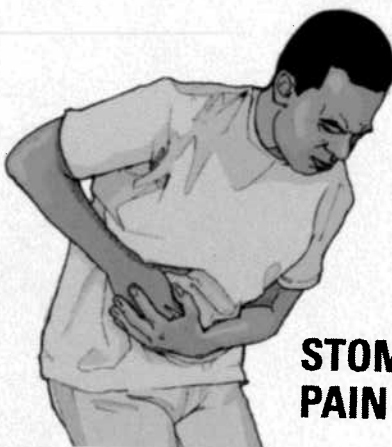
Check symptoms and report early!

Getting care early is your best chance to get better.

FEVER



STOMACH PAIN



DIARRHEA OR RUNNING STOMACH



VOMITING



BLEEDING: RED EYES



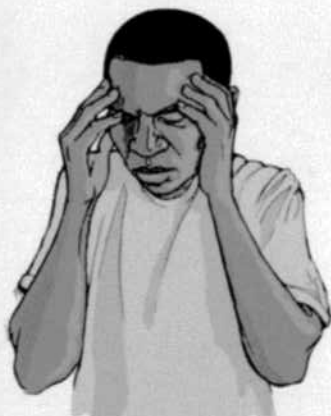
MUSCLE PAIN



FEELING WEAK OR TIRED



HEADACHE



BLEEDING: BLOODY NOSE



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Daily Body Symptoms and Temperature Check

Week #1

Date you arrived in United States: / /

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker daily for 21 days.

If your temperature is 100.4°F/38°C or above OR if you have any symptoms, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.

DAY 1 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

DAY 5 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

DAY 2 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

DAY 6 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

DAY 3 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

DAY 7 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

DAY 4 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING 		MORNING
NIGHT 		NIGHT	

Daily Body Symptoms and Temperature Check

Week #2

Date you arrived in United States: / /

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker daily for 21 days.

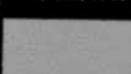
If your temperature is 100.4°F/38°C or above OR if you have any symptoms, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

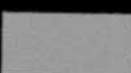
- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.

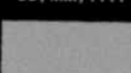
DAY 8 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

DAY 12 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

DAY 9 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

DAY 13 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

DAY 10 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

DAY 14 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

DAY 11 DD/MM/YYYY 	SYMPTOMS	TEMP°
	MORNING 	MORNING
	NIGHT 	NIGHT

Daily Body Symptoms and Temperature Check

Week #3

Date you arrived in United States: / /

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker daily for 21 days.

If your temperature is 100.4°F/38°C or above OR if you have any symptoms, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.

DAY 15 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

DAY 19 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

DAY 16 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

DAY 20 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

DAY 17 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

DAY 21 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

DAY 18 DD/MM/YYYY []	SYMPTOMS		TEMP°
	MORNING 		MORNING
	NIGHT 		NIGHT

Your monitoring period is over and you are clear of Ebola.

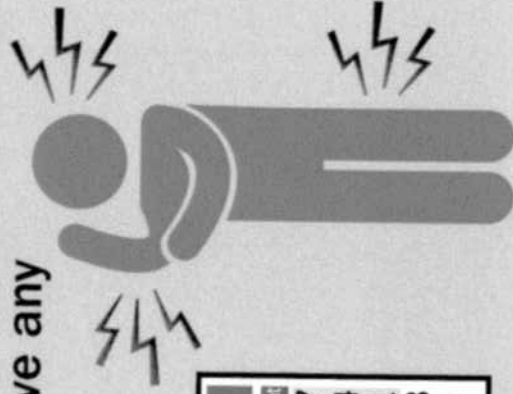
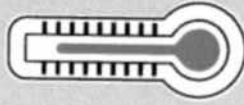
HEALTH ADVISORY: EBOLA

Ebola spreads through direct contact with the blood or body fluids (such as spit or pee) of a person who is sick with Ebola symptoms.

You will need to be in contact with a public health worker daily for 21 days:

- by phone,
- during a daily visit, or
- online

to report your temperature and if you have any symptoms.



3 WEEKS

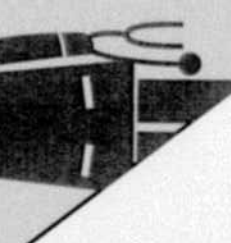
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

If you get sick, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

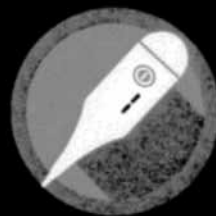
- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Take your temperature two times a day, morning and night.



• This thermometer is for **YOU ONLY**.

• Please **DO NOT SHARE** it.

• **KEEP IT** for yourself for the next 21 days.



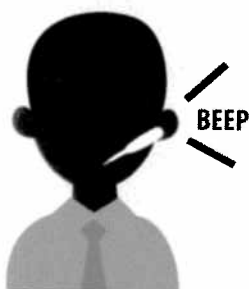
DO NOT take your temperature right after eating or drinking.



1. Turn the thermometer on. It will show an "L" in the screen when it is ready.



2. Hold the tip under your tongue for 60 seconds until it beeps.



3. Read the temperature.



4. Write your temperature on the Symptom Log you got in your CARE Kit.



If your temperature is **100.4°F / 38°C** or above **OR** if you have any of the symptoms on your Symptom Card, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.



5. You can clean your thermometer with soap and water.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Phone Numbers for State and Local Health Departments

This is a list of telephone numbers for state health departments across the United States that travelers can use to contact the state health department in the state they are in to report any Ebola symptoms. These phone lines are monitored at all times, and travelers may call 24 hours a day and 7 days a week. Members of the public with general questions about Ebola should call their state health department's main daytime telephone number.

State	Phone Number
Alabama	1-866-264-4073
Alaska	1-800-478-0084 or 1-907-269-8000
Arizona	1-480-303-1191
Arkansas	1-501-661-2136
California	1-916-845-8911
- If you are in L.A. County, call:	1-213-989-7140
Colorado	1-877-518-5608
Connecticut	1-860-509-8000
Delaware	1-302-744-4700
District of Columbia	1-202-727-6161
Florida	1-850-245-4401
Georgia	1-770-578-4104
Hawaii	1-808-586-4586 7:45 am-4:30 pm HST 1-808-566-5049 after hours
Idaho	1-208-334-5939
Illinois	1-217-782-7860
- If you are in Chicago, call:	1-312-744-5000
Indiana	1-317-233-1325 or 1-800-382-9480
Iowa	1-515-281-7689 or 1-866-834-9671
Kansas	1-877-427-7317
Kentucky	1-888-973-7678
Louisiana	1-800-256-2748
Maine	1-800-821-5821 or 1-207-287-4685
Maryland	1-410-795-7365
Massachusetts	1-617-983-6800
Michigan	1-517-335-9030
Minnesota	1-651-201-5414
Mississippi	1-601-576-8085
Missouri	1-800-392-0272, extension 1
Montana	1-406-444-3075
Nebraska	1-402-471-1983
Nevada	1-775-400-0333

New Hampshire	1-603-271-5300
New Jersey	1-609-392-2020
New Mexico	1-505-827-0006
New York	1-866-881-2809
- If you are in New York City, call:	1-866-692-3641
North Carolina	1-919-733-3419
North Dakota	1-701-328-2270
Ohio	1-614-722-7221
Oklahoma	1-405-271-4060
Oregon	1-971-673-1111
Pennsylvania	1-877-724-3258
Puerto Rico	1-787-380-8112 or 1-787-679-6295
Rhode Island	1-401-222-2577 M-F 8:30 am to 4:30 pm 1-401-272-5952 after 4:30 pm & weekends
South Carolina	1-803-608-6014
South Dakota	1-605-280-4810
Tennessee	1-800-404-3006
Texas	1-800-705-8868 and 1-800-252-8239
Utah	1-888-374-8824
Vermont	1-802-863-7240
Virgin Islands	
- If you are in St. Thomas, call:	1-340-774-9000
- If you are in St. Croix, call:	1-340-773-1311
Virginia	1-866-531-3068 (ask for on-call epidemiologist)
Washington	1-206-418-5500
West Virginia	1-800-423-1271 or 1-304-925-9907
Wisconsin	1-844-WI-EBOLA (844-943-2652)
Wyoming	1-888-996-9104