

## COVID-19 Daily Temperature and Symptom Monitoring Worksheet

Date of last close contact\* to a person considered to be infectious: \_\_\_\_\_ + 10 Days = \_\_\_\_\_ Last day of symptom monitoring

Instructions: Persons who have been exposed to an individual with COVID-19 should monitor themselves for symptoms twice daily for 10 days.

- Temperature - Should be checked twice daily; once in the morning and once in the evening and documented below.
- Symptoms - Place an X in the box next to each symptom experienced during the course of a day.
  - If a symptom experienced is not listed, mark 'Other' for the corresponding date and time and write in the symptom.
  - If symptoms are not experienced, an "X" should be placed in the box labeled "No symptoms" for the corresponding date and time.

If a temperature greater than 100.4°F or symptoms listed below occur during the monitoring period, the Close Contact should isolate themselves & seek testing.

Day	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7		Day 8		Day 9		Day 10	
Date																				
	AM	PM	AM	PM																
Time of check:																				
Temperature	___°F	___°F																		
Fever (T > 100.4)																				
Chills																				
Cough																				
Shortness of breath/ Difficulty breathing																				
Fatigue																				
Muscle or body aches																				
Headache																				
New loss of taste or smell																				
Sore throat																				
Congestion or runny nose																				
Nausea or vomiting																				
Diarrhea																				
Other (specify)																				
No symptoms																				

Date of Last Close Contact