

DAILY MEDICAL MONITORING LOG:

Monitor yourself for fever twice daily for 14 days. Mark the date, time you took your temperature (mark whether it was AM or PM), and temperature. If you develop a fever (>100.4°F, 38°C) note the other symptoms you are experiencing and immediately call your local health department. If you need immediate care in an emergency department notify EMS that you may have been exposed to COVID-19.

Day	Date	Time Taken	Temperature	Day	Date	Time Taken	Temperature
1		_____ □AM□PM	_____ °F	8		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F
2		_____ □AM□PM	_____ °F	9		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F
3		_____ □AM□PM	_____ °F	10		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F
4		_____ □AM□PM	_____ °F	11		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F
5		_____ □AM□PM	_____ °F	12		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F
6		_____ □AM□PM	_____ °F	13		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F
7		_____ □AM□PM	_____ °F	14		_____ □AM□PM	_____ °F
		_____ □AM□PM	_____ °F			_____ □AM□PM	_____ °F

If you have developed a fever please check the boxes of any symptoms you are experiencing.

- Headache
 Joint or Muscle Aches
 Weakness
 Vomiting
 Diarrhea
 Stomach or Abdominal Pain
 Lack of Appetite
 Cough
 Sore throat
 Rash
 Shortness of Breath
 Chest Pain