**How to Self-Monitor During COVID-19 Quarantine:**

Do health checks every morning and every night or anytime you feel like you might have a fever. Take your temperature and/or that of family members who are being monitored and cannot do so themselves. In addition to fever, be alert for other symptoms of COVID-19, including cough or shortness of breath.

Write your temperature and any symptoms in the log provided below:

|  |  |  |  |
| --- | --- | --- | --- |
| Day | Date | Symptoms | Temp |
| Day 0 (day of last potential exposure) |  |  |  |
| Day 1 |  |  |  |
| Day 2 |  |  |  |
| Day 3 |  |  |  |
| Day 4 |  |  |  |
| Day 5 |  |  |  |
| Day 6 |  |  |  |
| Day 7 |  |  |  |
| Day 8 |  |  |  |
| Day 9 |  |  |  |
| Day 10 |  |  |  |
| Day 11 |  |  |  |
| Day 12 |  |  |  |
| Day 13 |  |  |  |
| Day 14 |  |  |  |