COVID 19 Quarantine instructions for Daily Body Symptom and Temperature Check

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Use this log for 14 days to record your temperature and any symptoms listed on the Symptom Card.   Do this morning and night.

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

Please follow the instructions to take your temperature and record the value (numbers) in the appropriate box twice daily

Steps for Taking Temperature with a Digital Thermometer

1. Use a clean thermometer, one that has been washed in cold water, cleaned with rubbing alcohol, and then rinsed to remove alcohol.
2. Do not eat or drink anything for at least 5 minutes before you take your temperature.
3. Read digital thermometer and validate that there no numbers visible on the screen of the thermometer.
4. Insert digital thermometer into mouth and place the tip under your tongue.
5. Hold the thermometer in place until it beeps.
6. Remove thermometer and read numbers.
7. Document temperature and time temperature taken on monitoring form with the corresponding date.
8. Repeat steps twice a day for each day of monitoring.

You will need to report what you write down on this log to a public health worker each day for 14 days.

If you develop a fever OR you have symptoms of COVID-19, the novel Coronavirus infection, contact the local health department to obtain additional help.

IMPORTANT:

- **If you need medical attention, you must call the local health department and the healthcare facility before arriving to inform them that you are being followed for COVID-19 infection. This information will allow the healthcare facility to take precautions to protect other patients and healthcare workers and ensure that you get the best care.**
- **Do not travel by public transportation to the healthcare facility.**
- **If this is a medical emergency, call 911 and inform the operator that you are being followed for COVID-19 infection so that the EMS providers are aware.**

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DAY	SYMPTOMS		TEMP
DAY 1 MM/DD/YYYY ____/____/_____	Morning ☀️	Night 🌙	Morning Night
DAY 2 MM/DD/YYYY __/__/____	Morning ☀️	Night 🌙	Morning Night
DAY 3 MM/DD/YYYY __/__/____	Morning ☀️	Night 🌙	Morning Night

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DAY 4 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

DAY 5 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

DAY 6 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

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DAY 7 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night
DAY 8 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night
DAY 9 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

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DAY 10 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

DAY 11 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

DAY 12 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

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DAY 13 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night

DAY 14 MM/DD/YYYY __/__/____	Morning ☀️	Morning
	Night 🌙	Night