











Temperature and Symptom Log





























Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: **fever, coughing, or trouble breathing**. Do this every day for 14 days.

1. Fill in the dates on the log, starting with Day 0 and ending with Day 14. Day 0 is the day you left another country or date of potential exposure.
2. Start recording your temperature and symptoms, beginning with today's date.
3. Your health monitoring is complete 14 days after the day you left another country or date of potential exposure.

DAY	DATE	SYMPTOMS	TEMP
DAY 0	April 1, 2020	Day 0 is the day you left an international country or date of potential exposure.	
DAY 1	April 2, 2020	 No Symptoms	97.4 F
		 No Symptoms	98.6 F
DAY 2	April 3, 2020	 No Symptoms	96.9 F
		 No Symptoms	98.6 F
DAY 3	April 4, 2020	 No Symptoms	98.0 F
		 No Symptoms	98.6 F
DAY 4	April 5, 2020	 No Symptoms	97.3 F
		 No Symptoms	98.6 F
DAY 5	April 6, 2020	 No Symptoms	96.5 F
		 No Symptoms	98.6 F

SAMPLE

Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 0	_____	Day 0 is the day you left an international country or date of 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	_____	 	



If you get sick: • Stay home. Avoid contact with others. • You might have COVID-19; most people are able to recover at home without medical care. • If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent travel and your symptoms. • Call ahead before you go to a doctor's office or emergency room.