Two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: **fever, cough, trouble breathing, chills, muscle pain, sore throat,** or **new loss of taste or smell.** 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 were last exposed to COVID-19.

2. Start recording your temperature and symptoms, beginning with today's date.

3. Your health monitoring is complete 14 days after you were last exposed to COVID-19.

DAY	DATE	SYMPTOMS		TEMP
DAY 0	June 1, 2020	**Day 0 is the day you were last exposed to COVID-19.**		
DAY 1	June 2, 2020	☀ No Symptoms		97.4 F
		🌙 No Symptoms		98.6 F
DAY 2	June 3, 2020	☀ No Symptoms		96.9 F
		🌙 No Symptoms		98.6 F
DAY 3	June 4, 2020	☀ No Symptoms		98.0 F
		🌙 No Symptoms		98.6 F
DAY 4	June 5, 2020	☀ No Symptoms		97.3 F
		🌙 No Symptoms		98.6 F
DAY 5	June 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 were last exposed to COVID-19.	
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 exposure and your symptoms • Call ahead before you go to a doctor's office or emergency room.