

TEMPERATURE/SYMPTOM LOG

How to Use Your 14-Day Log

Once a day (**morning**) write down your temperature and any COVID-19 symptoms you may have: **fever of 100.4°F or higher, cough, headache, trouble breathing, chills, muscle pain, sore throat, new loss of taste or smell, gastrointestinal symptoms (nausea, vomiting, or diarrhea) or no symptoms.** Do this every day for 14 days.

1. Start with Day 1 and end with Day 14.
2. Start recording your temperature and symptoms.
3. Your health monitoring is complete in 14 days.

DATE	SYMPTOMS	TEMP
DAY 1 06/24/21		
DAY 2 06/25/21		
DAY 3 06/26/21		
DAY 4 06/27/21		
DAY 5 06/28/21		
DAY 6 06/29/21		
DAY 7 06/30/21		
DAY 8 07/01/21		
DAY 9 07/02/21		
DAY 10 07/03/21		
DAY 11 07/04/21		
DAY 12 07/05/21		
DAY 13 07/06/21		
DAY 14 07/07/21		