



SELF-MONITORING CHART

Please take your temperature once daily before drinking anything hot or cold and before taking any medications that reduce a fever (i.e. acetaminophen, ibuprofen, aspirin)..

Please pay attention to how your body is feeling and if you have symptoms, mark in the appropriate column in the table below. Call your healthcare provider and health department contact person if you develop **ANY symptoms**. Begin strict self-isolation at home and follow guidance from your healthcare provider and/or local health department.

**** Important: Call 911 if you feel very ill or have difficulty breathing ****

			Symptoms						
Day	Date	Temp	Cough	Difficulty Breathing	Sore Throat	Body Aches Joint Pain	Fatigue	Abrupt Loss of Smell/Taste	Diarrhea, nausea or vomiting
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									

BUSINESS RESOURCES



HEALTH SERVICES