









Symptom & Temperature Log

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

DAY	DATE	SYMPTOMS	TEMPERATURE
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, contact your health provider as instructed and inform them of your symptoms and that you are self-monitoring. Your daily health checks are complete as indicated by your health provider/public health authorities.

If you have a medical emergency, call 911 and inform them you are self-monitoring for COVID-19.