

If you have possible or confirmed COVID-19, two times a day (morning and night), write down your temperature and any COVID-19 symptoms you may have: feeling feverish, coughing, or difficulty breathing. Do this every day for 14 days. Your daily health checks are complete 14 days after you may have been exposed, or as indicated by your healthcare provider.

DAY	DATE	SYMPTOMS	TEMP
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 healthcare provider. Notify them you are self-monitoring and of any recent travel.



If you have a medical emergency, call 911, and let them know you may have COVID-19.