













The following document is for historical purposes and is no longer being updated. Please go to the [COVID-19 website](#) for more recent information.



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
<b>DAY 0</b>	June 1, 2020	Day 0 is the day you were last exposed to COVID-19.	
<b>DAY 1</b>	June 2, 2020	 No Symptoms	97.4 F
		 No Symptoms	98.6 F
<b>DAY 2</b>	June 3, 2020	 No Symptoms	96.9 F
		 No Symptoms	98.6 F
<b>DAY 3</b>	June 4, 2020	 No Symptoms	98.0 F
		 No Symptoms	98.6 F
<b>DAY 4</b>	June 5, 2020	 No Symptoms	97.3 F
		 No Symptoms	98.6 F
<b>DAY 5</b>	June 6, 2020	 No Symptoms	96.5 F
		 No Symptoms	98.6 F

# Your 14-Day Log for Temperature and Symptoms



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

DAY	DATE	SYMPTOMS	TEMP
<b>DAY 0</b>		Day 0 is the day you were last exposed to COVID-19.	
<b>DAY 1</b>		 	
<b>DAY 2</b>		 	
<b>DAY 3</b>		 	
<b>DAY 4</b>		 	
<b>DAY 5</b>		 	
<b>DAY 6</b>		 	
<b>DAY 7</b>		 	
<b>DAY 8</b>		 	
<b>DAY 9</b>		 	
<b>DAY 10</b>		 	
<b>DAY 11</b>		 	
<b>DAY 12</b>		 	
<b>DAY 13</b>		 	
<b>DAY 14</b>		 	



**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.