

# Self-Quarantine Temperature and Symptom Log

Write your temperature and symptoms on the chart below every day for 14 days:

| DAY    | DATE | SYMPTOMS  | TEMP |
|--------|------|---|------|
| DAY 0  |      | <i>Day 0 is the day of your last potential exposure</i> |      |
| 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 |      |   |      |