



COVID-19

ISOLATION

SYMPTOM AND TEMPERATURE LOG

Day 1 of self-monitoring begins the day after you are told to isolate.

Write your symptoms, if any, and temperature in the space below morning and night every day for 10 days.

IF YOU HAVE A MEDICAL EMERGENCY, GO TO THE NEAREST ER OR CALL 911.

DATE INSTRUCTED TO BEGIN SELF-MONITORING: _____

DAY	DATE	TEMPERATURE	SYMPTOMS
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			
DAY 8			
DAY 9			
DAY 10			

FAQ ON COVID ILLNESS OR ISOLATION: www.salisbury.edu/CovidQuestionsIllnessTesting

FOR POLICIES ON ISOLATING: www.salisbury.edu/IsolationQuarantinePolicy