



COVID-19

QUARANTINE SYMPTOM AND TEMPERATURE LOG

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

Write your symptoms, if any, and temperature in the space below morning and night every day for 14 days.

IF YOU GET SICK, contact your primary care doctor and remind them you are self-monitoring. Your daily self-monitoring is complete 14 days after you left the high-risk area, after the potential exposure or as indicated by public health authorities.

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			
DAY 11			
DAY 12			
DAY 13			
DAY 14			

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

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



Learn more: www.salisbury.edu/coronavirus

SU is an Equal Opportunity/AA/Title IX university and provides reasonable accommodation given sufficient notice to the University office or staff sponsoring the event or program.