DAILY MONITORING LOG: (Name) _____ (Phone) _____

Take your temperature twice daily for 21 days after returning from an Ebola-affected country or other exposure.

Mark the date, time you took your temperature (mark whether it was AM or PM), and temperature.

If you develop a fever (>100.4°F, 38.0°C) note your other symptoms and immediately call the **South Dakota Department of Health at 800-592-1861** and seek medical attention.

Day	Date	Time Taken	Temperature
1		_____AM _____PM	_____°F _____°F
2		_____AM _____PM	_____°F _____°F
3		_____AM _____PM	_____°F _____°F
4		_____AM _____PM	_____°F _____°F
5		_____AM _____PM	_____°F _____°F
6		_____AM _____PM	_____°F _____°F
7		_____AM _____PM	_____°F _____°F
8		_____AM _____PM	_____°F _____°F
9		_____AM _____PM	_____°F _____°F
10		_____AM _____PM	_____°F _____°F
11		_____AM _____PM	_____°F _____°F

Day	Date	Time Taken	Temperature
12		_____AM _____PM	_____°F _____°F
13		_____AM _____PM	_____°F _____°F
14		_____AM _____PM	_____°F _____°F
15		_____AM _____PM	_____°F _____°F
16		_____AM _____PM	_____°F _____°F
17		_____AM _____PM	_____°F _____°F
18		_____AM _____PM	_____°F _____°F
19		_____AM _____PM	_____°F _____°F
20		_____AM _____PM	_____°F _____°F
21		_____AM _____PM	_____°F _____°F

If you have a fever please check boxes of any other symptoms:

☐Severe headache ☐Muscle pain ☐Vomiting ☐Diarrhea ☐Stomach Pain ☐Unusual bleeding ☐Unusual bruising

Department of Health DIS contact number _____

SOUTH DAKOTA DEPARTMENT OF HEALTH