



COVID-19: Temperature and Symptom Tracker

It is important to monitor your symptoms and temperature for the next 14 days. Please wait at least 20 to 30 minutes after you smoke, eat, or drink a hot or cold liquid. Also, check it before you take ibuprofen or acetaminophen. If your temperature is 100.4 degrees F or greater (or 38 degrees C), you have a fever. If you develop a fever, cough, or difficulty breathing (aka shortness of breath) please call your medical provider for evaluation over the phone and to possibly organize testing.

Date	Day	AM Temperature	PM Temperature	Cough (Y/N)	Difficulty Breathing (Y/N)	*Other symptoms (list)
	1					
	2					
	3					
	4					
	5					
	6					
	7					
	8					
	9					
	10					
	11					
	12					
	13					
	14					

*Other symptoms can include a combination of two or more of the following: chills, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea.