



## 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					

NOTE: This is an emerging, rapidly evolving situation. Information in this document is current as of March 19, 2020. Please check the South Dakota Department of Health (DOH) website at [covid.sd.gov](https://covid.sd.gov) for the most current information and guidance.