COVID-19 Symptom Self-Monitoring Log

In the time box, indicate the time of your morning and evening symptom checks.
In the temperature box, write your measured temperature from a thermometer.
In the other symptom boxes, write Y for yes or N for no to indicate if you are experiencing symptoms.
Fever-reducing medications include aspirin, acetaminophen (Tylenol), ibuprofen (Motrin, Advil) and naproxen (Aleve).
Call Campus Health at 919-966-2281 with any concerns. If urgent concerns, call 911.

<table>
<thead>
<tr>
<th>Day Date:</th>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>AM PM</td>
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<td>AM PM</td>
<td>AM PM</td>
<td>AM PM</td>
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</tr>
</tbody>
</table>
| Temperature
| Cough
| Difficulty breathing
| Sore Throat
| Headache
| Muscle or Body aches
| Fatigue
| Nausea or vomiting
| Diarrhea
| Loss of smell or taste
| Other
| Fever reducing meds taken

<table>
<thead>
<tr>
<th>Day Date:</th>
<th>Day 8</th>
<th>Day 9</th>
<th>Day 10</th>
<th>Day 11</th>
<th>Day 12</th>
<th>Day 13</th>
<th>Day 14</th>
</tr>
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