



## Coronavirus (COVID-19) Symptom Monitoring Form

You are receiving this document because:

- 1) You indicated that you have recently traveled to or have been in close contact with someone recently returning from countries with CDC Level 2 or 3 rating; Or
- 2) You are experiencing symptoms associated with COVID-19.

### Guidance for persons being monitored for coronavirus

This document was created to help you closely monitor your health during your recommended or required self-quarantine period (14 days) as you may have been exposed to coronavirus. It is very important for you to monitor your health so that in the event you do get sick you can be treated quickly.

### What are the signs and symptoms of coronavirus?

The most common symptoms of coronavirus are fever, cough, and shortness of breath. In rare cases, some also report sore throat, muscle aches, and abdominal discomfort. These symptoms are also associated with many other illnesses. If you develop a fever or any symptoms, it does not mean you have coronavirus.

### How should you monitor your health during this time period?

Use the below form to record your temperature and any other symptoms associated with coronavirus including cough or difficulty breathing. Record this information twice per day. To ensure an accurate temperature reading it's recommended to wait 30 minutes after eating, drinking, or exercising and to wait 6 hours after taking medicines that can lower temperature (e.g., acetaminophen, ibuprofen, aspirin).

### Practice protective and careful measures during this time period.

- You should avoid contact with others and try to isolate yourself to keep the risk of secondary transmission at its lowest.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Clean your hands often using soap and water, or a hand sanitizer that is 60%-95% alcohol.
- Limit travel on public transportation.

### Instructions for monitoring your temperature and symptoms:

1. Take your temperature orally (by mouth) with a digital thermometer 2 times a day:
  - Once in the morning.
  - Once in the evening.
2. Write down your temperature on the form twice a day, every day.
3. If you forget to take your temperature, take it as soon as you remember.
4. Record any symptoms associated with coronavirus and as noted on the form.

### What should I do if I become ill during this monitoring period?

**DO NOT GO** to a clinic or hospital without first calling your primary care provider, or one of the numbers below. If your symptoms are mild, it is possible that you may be able to remain at home. If it is determined that you need medical attention, your primary care physician, the County Health Department, or UNF Student Health Services will assist your preferred hospital to prepare to greet you and take care of you in the safest possible way.

- **Duval County Health Department** **Phone: (904) 253-1000**
- **UNF Student Health Services** **Phone: (904) 620-2900**

If you need to reach someone after hours, you are encouraged to call the Student Health Services number. The after-hours service will have the on-call provider contact you.

If you feel your symptoms are at EMERGENCY LEVELS i.e. shortness of breath, fever over 102°F, chest pain etc., that cannot wait until the morning, call 911 and explain that you are being monitored for potential exposure to coronavirus and need emergency medical care.

## 14-day self-quarantine period observations

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: indicate 'Y' for Yes and 'N' for No. Don't leave any spaces blank.

DATE	TIME	Temperature	Cough	Fatigue or aches	Shortness of Breath	Other Symptoms
1	AM					
	PM					
2	AM					
	PM					
3	AM					
	PM					
4	AM					
	PM					
5	AM					
	PM					
6	AM					
	PM					
7	AM					
	PM					
8	AM					
	PM					
9	AM					
	PM					
10	AM					
	PM					
11	AM					
	PM					
12	AM					
	PM					
13	AM					
	PM					
14	AM					
	PM					