

## 14-Day Self-Monitoring Log

Take your temperature twice per day, in the morning and in the evening, and write it down. Select 'Y' or 'N' to confirm if you have or do not have symptoms.

If you forget to take your temperature, take it as soon as you remember. **Do not leave any spaces blank.**

Name:						UD ID#:									
Date	Time	Temperature	Cough		Shortness of Breath		Date	Time	Temperature	Cough		Shortness of Breath			
<b>Day 1</b>	AM		Yes	No	Yes	No	<b>Day 8</b>	AM		Yes	No	Yes	No		
MM:							MM:								
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		
<b>Day 2</b>		AM		Yes	No	Yes	No		<b>Day 9</b>	AM		Yes	No	Yes	No
MM:									MM:						
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		
<b>Day 3</b>		AM		Yes	No	Yes	No		<b>Day 10</b>	AM		Yes	No	Yes	No
MM:									MM:						
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		
<b>Day 4</b>		AM		Yes	No	Yes	No		<b>Day 11</b>	AM		Yes	No	Yes	No
MM:									MM:						
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		
<b>Day 5</b>		AM		Yes	No	Yes	No		<b>Day 12</b>	AM		Yes	No	Yes	No
MM:									MM:						
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		
<b>Day 6</b>		AM		Yes	No	Yes	No		<b>Day 13</b>	AM		Yes	No	Yes	No
MM:									MM:						
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		
<b>Day 7</b>		AM		Yes	No	Yes	No		<b>Day 14</b>	AM		Yes	No	Yes	No
MM:									MM:						
DD:							DD:								
YY:	PM		Yes	No	Yes	No	YY:	PM		Yes	No	Yes	No		

If you have questions while self-monitoring, contact the Smeltzer-Kelly Student Health Center at 563.589.3360 or StudentHealthCenter@dbq.edu. If you are a student-athlete, contact Erin Barsema at 563.589.3857 ebarsema@dbq.edu.

If you are having active symptoms, please contact the Smeltzer-Kelly Student Health Center at 563.589.3360 or the Visiting Nurses Association at 563.556.6200.

When you are finished monitoring for the 14 days, please email this document to the Smeltzer-Kelly Student Health Center at StudentHealthCenter@dbq.edu. If you are a student athlete, please email this document to Erin Barsema at ebarsema@dbq.edu.