

Remember:

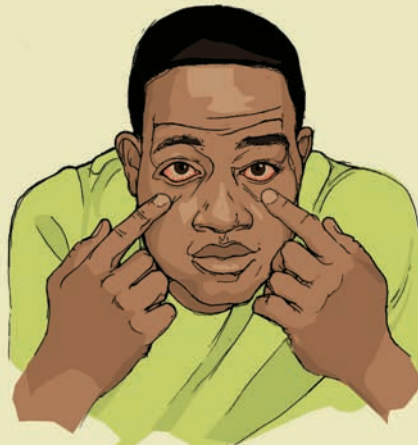
Check symptoms and report early!

Getting care early is your best chance to get better.

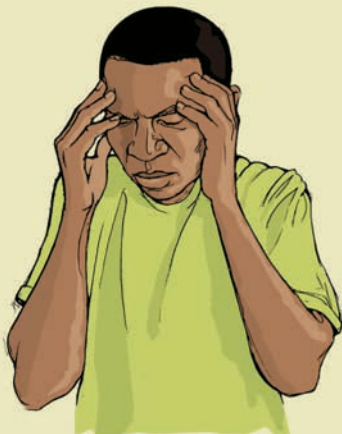
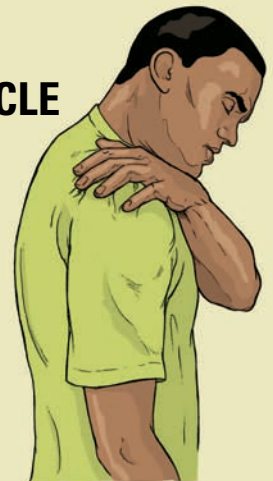
Track your symptoms on the following pages for 21 days.



DIARRHEA OR RUNNING STOMACH



MUSCLE PAIN



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Daily Body Symptoms and Temperature Check

Week #1

Date you arrived in United States:

/ /

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker each day for 21 days.

If your temperature is 100.4°F/38°C or above **OR** you have any other Ebola symptoms:

- Do what your public health worker told you to do if you get sick.
- If you are not able to speak with someone right away, call:
 - » Your state or local health department (use the list in your CARE Kit),
 - » CDC (1-800-232-4636), or
 - » **911 if it is a medical emergency** and let them know you are in the CDC Ebola CARE Program.
- Do not go out in public until you talk to a public health worker.

DAY 1	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

DAY 5	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

DAY 2	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

DAY 6	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

DAY 3	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

DAY 7	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

DAY 4	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DD / MM / YYYY

Daily Body Symptoms and Temperature Check

Week #2

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker each day for 21 days.

If your temperature is 100.4°F/38°C or above **OR** you have any other Ebola symptoms:

- Do what your public health worker told you to do if you get sick.
- If you are not able to speak with someone right away, call:
 - » Your state or local health department (use the list in your CARE Kit),
 - » CDC (1-800-232-4636), or
 - » **911 if it is a medical emergency** and let them know you are in the CDC Ebola CARE Program.
- Do not go out in public until you talk to a public health worker.

DAY 8 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 12 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 9 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 13 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 10 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 14 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 11 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

Daily Body Symptoms and Temperature Check

Week #3

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker each day for 21 days.

If your temperature is 100.4°F/38°C or above **OR** you have any other Ebola symptoms:

- Do what your public health worker told you to do if you get sick.
- If you are not able to speak with someone right away, call:
 - » Your state or local health department (use the list in your CARE Kit),
 - » CDC (1-800-232-4636), or
 - » **911 if it is a medical emergency** and let them know you are in the CDC Ebola CARE Program.
- Do not go out in public until you talk to a public health worker.

DAY 15 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 19 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 16 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 20 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 17 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 21 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 18 DD/MM/YYYY	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

If you do not get sick during the 21 days, your daily health checks will be complete and no longer needed. You will also know that you do not have Ebola.