



# 14 DAY SYMPTOM LOG FOR CLOSE CONTACTS OF COVID-19 CASES

USE TO MONITOR HEALTH FOR 14 DAYS FROM DATE OF LAST CONTACT TO THE POSITIVE CASE

How to use: Two times a day (morning and night), for 14 days, write down the date, your temperature and any COVID-19 symptoms (listed to the right) that you may have.

DAY	DATE	TEMP		SYMPTOMS
DAY 0	DAY 0 IS THE DAY YOU WERE LAST EXPOSED TO COVID-19.			
DAY 1		AM	AM	
		PM	PM	
DAY 2		AM	AM	
		PM	PM	
DAY 3		AM	AM	
		PM	PM	
DAY 4		AM	AM	
		PM	PM	
DAY 5		AM	AM	
		PM	PM	
DAY 6		AM	AM	
		PM	PM	
DAY 7		AM	AM	
		PM	PM	
DAY 8		AM	AM	
		PM	PM	
DAY 9		AM	AM	
		PM	PM	
DAY 10		AM	AM	
		PM	PM	
DAY 11		AM	AM	
		PM	PM	
DAY 12		AM	AM	
		PM	PM	
DAY 13		AM	AM	
		PM	PM	
DAY 14		AM	AM	
		PM	PM	



Fever >99.9°F



Difficulty breathing



Loss of taste or smell



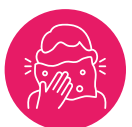
Muscle pain



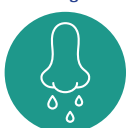
Nausea, diarrhea, or vomiting



Chills



Cough



Runny nose or congestion



Sore throat



Headache



Fatigue

If you get sick: Stay home. Avoid contact with others. You might have COVID-19; most people are able to recover at home without medical care. If you have trouble breathing or are worried about your symptoms, call or text a health care provider. Tell them about your recent exposure and your symptoms. Call ahead before you go to a doctor's office or emergency room.

[alabamapublichealth.gov/covid19](http://alabamapublichealth.gov/covid19)