

SAMPLE
Temperature Log for Quarantine

DAY	DATE	SYMPTOMS		TEMP	DAY 0 is:
0	20-Jun	Day 0			
1	21-Jun	a.m.	No symptoms	98.6	The date you return from international travel or a cruise ship or river voyage. OR The date you had a COVID test that later revealed a positive result OR The date you had close contact with someone with a COVID diagnosis OR The date your symptoms began Whichever date is the latest begins the quarantine period. If you have had symptoms, you must be without fever (without taking fever reducing meds) for the last 3 days in order to return to work.
		p.m.		97.8	
2	22-Jun	a.m.	No symptoms	97.8	
		p.m.		97.0	
3	23-Jun	a.m.	No symptoms	98.2	
		p.m.		98.2	
4	24-Jun	a.m.	No symptoms	97.8	
		p.m.		98.6	
5	25-Jun	a.m.	No symptoms	98.2	
		p.m.		97.0	
6	26-Jun	a.m.	No symptoms	98.2	
		p.m.		97.0	
7	27-Jun	a.m.	No symptoms	98.6	
		p.m.		98.2	
8	28-Jun	a.m.	No symptoms	98.2	
		p.m.		97.8	
9	29-Jun	a.m.	No symptoms	98.2	
		p.m.		97.8	
10	30-Jun	a.m.	No symptoms	97.0	
		p.m.		98.2	
11	1-Jul	a.m.	No symptoms	98.2	
		p.m.		98.6	
12	2-Jul	a.m.	No symptoms	98.2	
		p.m.		97.0	
13	3-Jul	a.m.	No symptoms	98.2	
		p.m.		98.2	
14	4-Jul	a.m.	No symptoms	97.0	
		p.m.		97.8	