

Temperature Log for Quarantine

DAY	DATE	SYMPTOMS	TEMP	DAY 0 is:
0		Day 0		
1	a.m.			The date you return from international travel or a cruise ship or river voyage.
	p.m.			
2	a.m.			OR
	p.m.			
3	a.m.			The date you had a COVID test that later revealed a positive result
	p.m.			
4	a.m.			OR
	p.m.			
5	a.m.			The date you had close contact with someone with a COVID diagnosis
	p.m.			
6	a.m.			OR
	p.m.			
7	a.m.			The date your symptoms began
	p.m.			
8	a.m.			Whichever date is the latest begins the quarantine period.
	p.m.			
9	a.m.			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.			
10	a.m.			
	p.m.			
11	a.m.			
	p.m.			
12	a.m.			
	p.m.			
13	a.m.			
	p.m.			
14	a.m.			
	p.m.			