

Temperature and Symptom Log for Quarantine

DAY 0 is:

DAY	DATE	SYMPTOMS	TEMP	
0	_____			
1		a.m.		The date you first had symptoms during travel or within 5 days of returning home. 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
		p.m.		
2		a.m.		
		p.m.		
3		a.m.		
		p.m.		
4		a.m.		
		p.m.		
5		a.m.		
		p.m.		
6		a.m.		
		p.m.		
7		a.m.		
		p.m.		
8		a.m.		
		p.m.		
9		a.m.		
		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.		

If you have symptoms, you must be without fever (without taking fever reducing meds) for 24 hours and your symptoms must be improving in order to return to work.