

HOWARD PAYNE UNIVERSITY COVID-19 HEALTH MONITORING LOG

Instructions: The individual under self-quarantine or self-isolation should take his or her temperature twice a day, in the morning and in the evening. For each day of monitoring, they should fill in the date and the result when the temperature was taken, as well as any COVID-19 symptoms that were experienced that day. At the end of the required self-quarantine or self-isolation period, individuals will receive a privacy-protected submission link where they will be asked to submit their completed health monitoring log in order to be cleared to return to campus.

DAY	DATE	AM TEMP	PM TEMP	SYMPTOMS
DAY 0	Ex. Date of last exposure	Ex. 98.6°F	Ex. 98.6°F	Ex. fever, cough, shortness of breath, headache, etc.
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				
DAY 7				

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DAY	DATE	AM TEMP	PM TEMP	SYMPTOMS
DAY 8				
DAY 9				
DAY 10				
DAY 11				
DAY 12				
DAY 13				
DAY 14				