

## Home Self-Monitoring Table

Name:

Date of day you left the country that requires self-monitoring (day 1):

Symptoms	Day	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Fever															
Cough															
Difficulty breathing															
Shortness of breath															
Runny nose															
Headache															
Sore throat															
Body aches															
Vomiting															
Diarrhoea															
Temperature															
Morning															
Evening															

Please check any symptoms that you experience during the 14-day period. If you experience symptoms or have a fever above 37.3°C:

- Do isolate yourself (limit your contact with people).
- Call your healthcare provider right away and get advice on next steps
- Inform your supervisor