

COVID-19 Symptom Tracking

INSTRUCTIONS: This form is to be used when an individual has had contact with a person who tested positive for COVID-19. Per the CDC, symptoms may appear 2-14 days after exposure to the virus. If exposure to COVID-19 is suspected or reported, Host Home Provider must monitor the individual for 14 days after the date of reported or discovered exposure. The individual's temperature should also be closely monitored. Be sure to notify the PCP of the exposure and follow any further instructions they may provide. If the PCP indicates that the individual can get tested, notify Program Director and Dungarvin Nurse.

Individual: _____

Date of exposure: _____

When to call 911 or go to the emergency room:

- Trouble breathing
- Persistent Pain/Pressure in Chest
- New confusion or inability to arouse
- Bluish lips or face
- As directed by the PCP

Symptom Tracking: If a symptom develops, initial the box corresponding with the date that the symptom was reported or observed. Mark a horizontal line through the box if a specific symptom was not reported or observed on their corresponding days. Notify the PCP of any symptoms that develop.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Specific Dates:														
Fever														
Cough														
Shortness of Breath														
Chills														
Muscle Pain														
Headache														
Sore Throat														
New loss of taste														
New loss of smell														
Other (please specify)														

Temperature Tracking: Using a thermometer, take the individual's temperature 3 times a day. Document the value in the corresponding box.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Specific Dates:														
Upon waking up														
At noon														
At bedtime														
Other (if needed)														

Initial	Signature/Title:	Initial	Signature/Title:	Initial	Signature/Title:	Initial	Signature/Title:
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****We acknowledge and thank Dungarvin Colorado for the design of this comprehensive tracking form, and for their generosity in sharing it.****