CHRISTOPHER NEWPORT
U N I V E R S I T Y

Coronavirus (COVID-19) Self-Monitoring Information

Guidance for persons being monitored for coronavirus
This guidance is to help you closely monitor your health for up to 14 days because you may have potentially been exposed to coronavirus. This does NOT mean that you will get sick with coronavirus. It is very important for you to monitor your health so that you can be taken care of and treated quickly if you do get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to coronavirus and when symptoms begin.

What are the signs and symptoms of coronavirus?
The most common symptoms of coronavirus are fever and cough. Some people also report difficulty breathing, more rarely sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses.

How should you monitor your health during this time period?
Use the reverse side of this form to record your temperature and possible symptoms. Record this information twice per day.

Practice protective and careful measures during this time period.
- You are not under quarantine or isolation, but you should avoid contact with others and try to isolate yourself to keep the risk of secondary transmission at its lowest.
- Cover your mouth and nose with a tissue or sleeve when coughing or sneezing.
- Clean your hands often using soap and water, or a hand sanitizer that is 60%-95% alcohol.
- Limit travel on public transportation.

Instructions for monitoring your temperature and symptoms:
1. Take your temperature orally (by mouth) with a digital thermometer 2 times a day:
    - Once in the morning
    - Once in the evening.
2. Write down your temperature on the form twice a day, every day.
3. If you forget to take your temperature, take it as soon as you remember.
4. Mark if you have any of the symptoms of novel coronavirus listed on the form.

What should I do if I become ill during this monitoring period?
DO NOT GO to a clinic or hospital without first calling your primary care provider.

If you feel your symptoms are at EMERGENCY LEVELS i.e. shortness of breath, fever over 102°F, chest pain etc., that cannot wait until the morning, call 911 and explain that you are being monitored for potential exposure to coronavirus and need emergency medical care.

14-day incubation period observations

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the symptoms: circle 'Y' for Yes and 'N' for No. Don't leave any spaces blank.

DATE	TIME	Temperature	Cough	Fatigue or aches	Shortness of Breath	Diarrhea	Chills
1	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
2	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
3	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
4	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
5	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
6	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
7	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
8	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
9	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
10	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
11	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
12	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
13	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
14	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N

* These forms are provided by the Centers for Disease Control and Prevention for patients who are under public health monitoring. They are being provided to you out of an abundance of caution to use to protect yourself while at home.