

VDH Daily Monitoring Log for COVID-19

Name: _____

Date of Birth: _____

The attached charts have been provided to assist with monitoring for Coronavirus Disease 2019 (COVID-19) for the 14 days since the last possible exposure to the virus that causes COVID-19. Please use these to record your temperature twice daily and any symptoms, should they occur. Measure your temperature twice a day (once in the morning and once in the evening) and record the temperatures on the log that you have been given. It is good to take your temperature at around the same times each morning and evening. Do not eat or drink anything for 30 minutes before taking your temperature, and do not take any fever-lowering medications (e.g., aspirin, Tylenol, ibuprofen, Aleve, etc.).

Not everyone with COVID-19 develops symptoms. If symptoms develop, they typically appear 2-14 days after exposure to the virus. People with COVID-19 who develop symptoms have reported a wide range of symptoms, ranging from very mild to severe. Symptoms may include fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea. Not everyone with COVID-19 will have all symptoms and fever might not be present. For a full list of symptoms, please see www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html.

If you develop symptoms of COVID-19 (even if your symptoms are very mild), stay home, rest, and separate yourself from other people or animals in your home as much as possible. Most people sick with COVID-19 develop mild symptoms that get better without medical help. If you have symptoms and want to get tested for COVID-19, please call your healthcare provider. Your provider may collect samples to test you or help you to find sampling sites in your area. For more information, visit the VDH site [What to Do If You Have Confirmed or Suspected COVID-19](#).

If you are at a [higher risk of getting very sick with COVID-19](#) (e.g., older adults or people of any age with other health issues like chronic lung disease, heart disease, diabetes, cancer, or a weakened immune system) or if your illness is getting worse (e.g., difficulty breathing or persistent fever after using fever-reducing medication), call your healthcare provider.

- If possible, and if it is not a medical emergency, you should have a family member or a friend drive you in a private car. Do not take public transportation (such as a train, subway/metro, bus, taxi). Carry any paperwork (for example: fever chart and local health department contact information) with you so you can show them when you arrive at the emergency department.
- **If you become very ill and it is a medical emergency, call 9-1-1.** Tell the operator about your symptoms and if you have been exposed to someone sick with COVID-19 and let the ambulance crew know when they arrive.

You may wish to record contact information for your healthcare provider, the [health department](#), and a local emergency department for easy reference if you become ill or if you have questions.

- Local Health Department:
 - Name: _____
 - Phone Number: _____
- Healthcare Provider:
 - Name: _____
 - Phone Number: _____
- Local Emergency Department:
 - Name: _____
 - Phone Number: _____

Daily Monitoring Log for COVID-19

Please complete the table below, recording temperature and symptoms each day. For each symptom listed, indicate “Y” for “Yes” and “N” for “No”. Day 1, Day 2, etc. corresponds with the number of days since your last known exposure to the virus.

Name (Last, First): _____

Date of last potential exposure to the virus (day 0): _____ Date to complete monitoring (14 days following last potential exposure): _____

DATE	__/__/__ Day 1	__/__/__ Day 2	__/__/__ Day 3	__/__/__ Day 4	__/__/__ Day 5	__/__/__ Day 6	__/__/__ Day 7
Medications taken today?*	Y N	Y N	Y N	Y N	Y N	Y N	Y N
If yes, list:	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
Temperature (morning)	____°F	____°F	____°F	____°F	____°F	____°F	____°F
Temperature (evening)	____°F	____°F	____°F	____°F	____°F	____°F	____°F
Felt feverish?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chills?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Rigors (shivering)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fatigue (tiredness)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Runny nose?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Congested or stuffy nose?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore Throat?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough (new cough or worsening of a chronic cough)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Wheezing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Difficulty breathing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Nausea or vomiting?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Headache?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal (gut) pain or tenderness?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chest pain?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea (3 or more loose or looser stools in a 24-hour period)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Loss of Appetite?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New smell disorder?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New taste disorder?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other Symptoms/Comments?	Y N	Y N	Y N	Y N	Y N	Y N	Y N

*List all medications taken today. Be sure to include fever-reducing medications (such as aspirin, ibuprofen, Tylenol, or acetaminophen) and steroids.

Notes/Comments:

Daily Monitoring Log for COVID-19

Please complete the table below, recording temperature and symptoms each day. For each symptom listed, indicate “Y” for “Yes” and “N” for “No”. Day 1, Day 2, etc. corresponds with the number of days since your last known exposure to the virus.

Name (Last, First): _____

Date of last potential exposure to the virus (day 0): _____ Date to complete monitoring (14 days following last potential exposure): _____

DATE	___/___/___ Day 8	___/___/___ Day 9	___/___/___ Day 10	___/___/___ Day 11	___/___/___ Day 12	___/___/___ Day 13	___/___/___ Day 14
Medications taken today?*	Y N	Y N	Y N	Y N	Y N	Y N	Y N
If yes, list:	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
Temperature (morning)	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F
Temperature (evening)	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F
Felt feverish?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chills?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Rigors (shivering)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fatigue (tiredness)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Runny nose?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Congested or stuffy nose?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore Throat?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough (new cough or worsening of a chronic cough)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Wheezing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Difficulty breathing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Nausea or vomiting?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Headache?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Abdominal (gut) pain or tenderness?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chest pain?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea (3 or more loose or looser stools in a 24-hour period)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Loss of Appetite?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New smell disorder?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
New taste disorder?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other Symptoms/Comments?	Y N	Y N	Y N	Y N	Y N	Y N	Y N

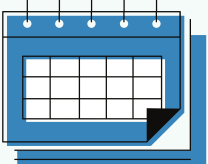
*List all medications taken today. Be sure to include fever-reducing medications (such as aspirin, ibuprofen, Tylenol, or acetaminophen) and steroids.

Notes/Comments:

For persons with confirmed or suspected COVID-19 to know when they are likely no longer contagious:



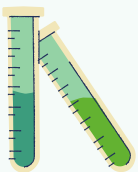
Symptom-based strategy



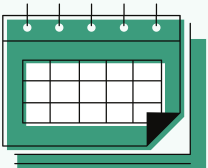
If you had COVID-19 symptoms and were directed to care for yourself at home, you can leave your "sick room" and home after these 3 things have happened:

- ✓ At least 10 days have passed since symptoms first appeared, **and**
- ✓ At least 24 hours with no fever without fever-reducing medication, **and**
- ✓ Other symptoms have improved.*

*Note that loss of taste or smell might persist for weeks or months and this should not delay the end of isolation



Time-based strategy



If you tested positive for COVID-19 and never had any symptoms and were directed to care for yourself at home, you can leave your "sick room" and home if:

- ✓ At least 10 days have passed since the date of your first positive COVID-19 diagnostic test, **and**
- ✓ You continue to have no symptoms since the test.



Persons with COVID-19 who have [severe to critical illness](#) or who are [severely immunocompromised](#) might need to stay home longer than 10 days. These persons can consider using a test-based strategy to discontinue isolation, in consultation with an infectious disease expert.

If you had close contact with a person who has COVID-19 while they were contagious*, watch for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

Close contact includes:

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or

- Providing care for a person who has COVID-19, or
- Living with a person who has COVID-19

*A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

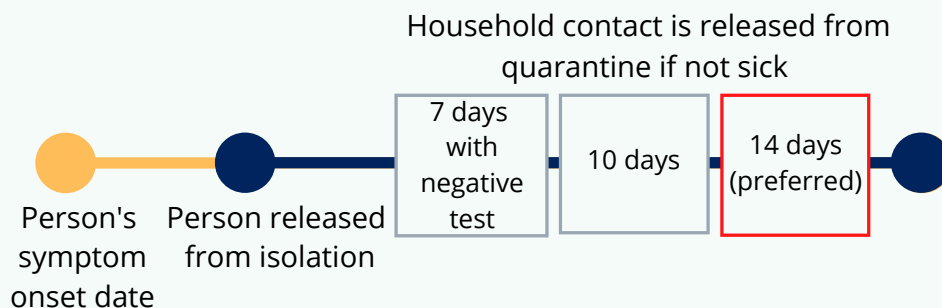
HOUSEHOLD CONTACTS

VDH recommends that you **quarantine (stay home)** while the infected person is home and for **14 days** after the person has been released from isolation (because exposure is considered ongoing within the house)**.



If you are not able to stay home for 14 additional days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.



If you are able to have **complete separation from the person in your house with COVID-19 (this means no contact, no time together in the same room, no sharing of any spaces, such as same bathroom or bedroom), then follow timeframe for non-household contact

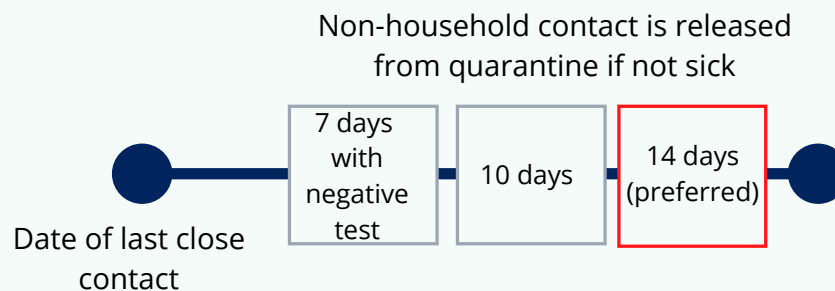
NON-HOUSEHOLD CONTACTS

VDH recommends that you **quarantine (stay home)** for **14 days** after the date of last close contact with the person infected with COVID-19.



If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.



If you had close contact with a person who has COVID-19 while they were contagious*, watch for symptoms and follow all recommendations (e.g., wear a mask, watch your distance, and wash your hands often) for 14 days after last exposure.

Close contact includes:

- Being within 6 feet of a person who has COVID-19 for a total of 15 minutes or more over a 24-hour period, or
- Having exposure to respiratory secretions (e.g., being coughed or sneezed on; sharing a drinking glass or utensils; kissing) from a person who has COVID-19, or

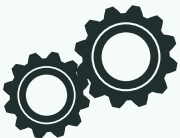
- Providing care for a person who has COVID-19, or
- Living with a person who has COVID-19

**A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.*



**HEALTHCARE
PERSONNEL**

Asymptomatic healthcare personnel (HCP) with potential exposure to patients, visitors, or other HCP with COVID-19 may be [assessed for exposures and advised on work restrictions](#) for 14 days after their last exposure. Exposures include close contact when appropriate PPE is not used, especially for aerosol-generating procedures. If staffing shortages occur, it might not be possible to exclude exposed HCP from work; see [CDC strategies to mitigate HCP staffing shortages](#).



**CRITICAL
INFRASTRUCTURE
WORKERS**

VDH recommends that personnel filling essential critical infrastructure roles (as defined in [CISA Framework](#)) **quarantine for 14 days** after their last exposure. If you are not able to stay home for 14 days and do not have symptoms, you may leave home earlier:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

Exposed critical infrastructure workers, except for education sector workers, may continue to work if they do not have any symptoms and additional precautions are taken to protect them and the community. Follow VDH recommendations for [critical infrastructure workers \(non-healthcare\) potentially exposed to COVID-19](#).

COVID-19 ISOLATION **AND** QUARANTINE

More Questions? Check out: www.vdh.virginia.gov/coronavirus/

What's the Difference?

Isolation

The separation of people **with COVID-19** from others.

People in isolation need to stay home and separate themselves from others in the home as much as possible.



Quarantine

The separation of people who were in **close contact¹** with a person with COVID-19 from others.

People in quarantine should stay home and monitor their health closely in case they become ill.

When is it safe to resume normal activities?

I was sick with COVID-19

It is safe to end home isolation when:

At least **10 days** have passed since your symptoms first appeared

AND

You haven't had a fever for at least **24 hours** (without the use of medication) **and** other signs of illness are improving.

I was diagnosed with COVID-19 but never became sick

It is safe to end home isolation when:

At least **10 days** have passed since the day your test specimen was collected.

The person I was in contact with lives outside my home

VDH recommends that you quarantine (stay home) for 14 days after your last close contact with the person with COVID-19.

The person I was in contact with lives with me

If you are not able to separate completely² from the person with COVID-19, VDH recommends that you quarantine (stay home) for **14 additional days** after the person with COVID-19 was allowed to end isolation.

Staying home for 14 days after your last exposure is safest

If you are not able to stay home for 14 days **and** don't have symptoms, you may leave home:

- After 10 days without testing; or
- After 7 days with a negative PCR or antigen test performed on or after Day 5.

If you end quarantine early or test negative during your quarantine period, you should still monitor for symptoms and follow all other recommendations (e.g., wear a mask, watch your distance, wash your hands often) for the full 14-day period.

1. Close contact means being within 6 feet of a person with COVID-19 for a total of 15 minutes or more over a 24-hour period **OR** having exposure to the person's respiratory secretions (e.g., coughed or sneezed on; shared a drinking glass or utensils; kissing) while they were contagious. A person with COVID-19 is considered to be contagious starting from 2 days before they became sick (or 2 days before test specimen collection if they never had symptoms) until they meet the criteria to discontinue isolation.

2. Separate completely means no contact, no time together in the same room, and no sharing of any spaces (including a bedroom and bathroom).