Contact Monitoring

Daily Health Monitoring: NAME

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Temperature C or °F | | COVID-19 Symptoms | | | | Travel Outside of BC  (past 2wks) | |  |
| Self | | Household | |
| Date | Day | AM | PM | NO | YES | NO | YES | NO | YES | Comments (contacts) |
| 5/1 | 1 | 97.9 | 97.5 |  |  |  |  |  |  | No contacts outside of home bubble |
| 5/2 | 2 | 98.1 |  |  |  |  |  |  |  | Trip to Costco (5pm), no close contacts there |
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Note:

* Temperature monitoring may not indicate COVID-19 infection.
* Potential COVID-19 symptoms may or may not include: chills, conjunctivitis, cough, diarrhoea, fatigue, runny nose, short of breath, difficulty breathing, sore throat, loss of appetite, loss of taste, loss of sense of smell, nausea or vomiting, muscle aches, headache or new chest pain.
* If you develop symptoms use the BC COVID-19 Self-Assessment Tool or call 8-1-1.

Source: BC Centre for Disease Control, Daily monitoring Form for COVID-19