












# Self-monitoring Template:

Write your symptoms and temperature in the space below every day for 14 days:

**Day 0 is the day of your last potential exposure**

			
<b>DAY 10</b>			
			
<b>DAY 11</b>			
			
<b>DAY 12</b>			
			
<b>DAY 13</b>			
			
<b>DAY 14</b>		