

COVID-19

## Staff Temperature Log

NAME \_\_\_\_\_

### Instructions

1. Take axillary (under the armpit) temperature.
2. Take your temperature at the same time each day (e.g., when you wake up and at 6pm).
3. Write down the exact temperature that the thermometer reads.
4. If greater than 37.3°C or 99.1°F, isolate yourself at home, call your supervisor and the appropriate health authority and follow their instructions.
  - a. Even a low grade is a concern and should be checked.
5. Keep the form up to date and available to be checked and reviewed periodically by your supervisor.

### Example:

Date:		Temp 1	Time AM	Temp 2	Time PM	Symptoms (yes/no/describe)
Monday	04-May	36.8	7:05	37.0	6:30	No

Date:		Temp 1	Time AM	Temp 2	Time PM	Symptoms (yes/no/describe)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						

Date:		Temp 1	Time AM	Temp 2	Time PM	Symptoms (yes/no/describe)
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
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