

**Health Check Tracker (During COVID-19 Pandemic)**

**Person's Name:** \_\_\_\_\_

<b>DATE (mm/dd/yyyy)</b>	<b>TEMPERATURE READING (Mark 'R' if refused)</b>	<b>ADDITIONAL SIGNS &amp; SYMPTOMS (Refer to chart below for fever &amp; respiratory symptoms)</b>
<b>Monday 04/06/2020</b>		
<b>Tuesday 04/07/20</b>		
<b>Wednesday 04/08/2020</b>		
<b>Thursday 04/09/2020</b>		
<b>Friday 04/10/2020</b>		
<b>Saturday 04/11/2020</b>		
<b>Sunday 04/12/2020</b>		

<b>ADDITIONAL FEVER SIGNS &amp; SYMPTOMS</b>	<b>ADDITIONAL RESPIRATORY SIGNS &amp; SYMPTOMS</b>
<ul style="list-style-type: none"> <li>• Sweating, chills or shivering</li> <li>• Headache, Muscle aches</li> <li>• Loss of appetite, Dehydration</li> <li>• Irritability</li> <li>• Muscle weakness, general weakness</li> </ul>	<ul style="list-style-type: none"> <li>• New cough or change in cough</li> <li>• Difficulty breathing, shortness of breath or wheezing</li> <li>• Chest pain</li> <li>• Sore throat</li> <li>• Runny nose</li> </ul>

**NOTE: COVID-19 guidelines states a fever is above 100.4 F – 38 C. If someone you support declines a temperature check, please look/ask for other signs & symptoms, as well as mark 'R' in the temperature reading section.**