### Symptom Tracker

Check your health status daily to protect our community.

<table>
<thead>
<tr>
<th>Month</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
<th>13</th>
<th>14</th>
<th>15</th>
<th>16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever (Y/N)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Temperature/Time</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cough (Y/N)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shortness of breath (Y/N)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other lower respiratory symptoms (Y/N - Describe)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other non-respiratory symptoms (Y/N - Describe)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever/Pain Reducers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Time of Last Dose</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

If you answered "Yes" to any of the above questions. Stay Home, Except to Obtain Medical Care.

Stay in touch with your doctor. Call ahead before you seek medical care, unless it's an emergency.

### Risk Tracker

Answering these questions will help us identify if you need to be tested based upon your risk of exposure.

- Have you or a family member travelled to areas where there are outbreaks of coronavirus?
- Have you had any contact with anyone who has tested positive for coronavirus?
- Have any of your family members been sick with COVID or flu-like symptoms?

### Activity Tracker

Keeping track of the following information will help identify where you may have been exposed and anyone who made need monitoring if you test positive.

- Where have you traveled?
  - Cities/Counties
  - States/Countries

- Where did you work?
  - Organization
  - Units/Locations

- Who were your close contacts?
  - Within 6 ft
## Pre-exposure Tracking Tool

<table>
<thead>
<tr>
<th>Month</th>
<th>Name:</th>
<th>Department:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Symptom Tracker:

- **Fever (Y/N)**
- **Temperature/Time**
- **Cough (Y/N)**
- **Shortness of breath (Y/N)**
- **Other lower respiratory symptoms (Y/N - Describe)**
- **Other non-respiratory symptoms (Y/N - Describe)**
- **Fever/Pain Reducers**
- **Time of Last Dose**

### Activity Tracker:

- **Where have you traveled?**
  - Cities/Counties
  - States/Countries

- **Where did you work?**
  - Organization
  - Units/Locations

- **Who were your close contacts?**
  - Within 6 ft

### Risk Tracker:

- **Have you or a family member travelled to areas where there are outbreaks of coronavirus?**
- **Have you had any contact with anyone who has tested positive for coronavirus?**
- **Have any of your family members been sick with COVID or flu-like symptoms?**

---

**If you answered “Yes” to any of the above questions. Stay Home, Except to Obtain Medical Care.**

Stay in touch with your doctor. Call ahead before you seek medical care, unless it’s an emergency.

---

Courtesy of Rome Memorial Hospital v1-3/17/2020

---

Symptom Tracker: Check your health status daily to protect our community.