

# COVID-19

## Daily temperature reading log



Take your temperature around the same time each day for 14 days. Record temperature on the chart below.

Name: \_\_\_\_\_

Day #	Date	Time	Temperature	Symptoms (Yes or No)	If Yes to Symptoms, indicate what you are feeling (example: cough, runny nose, shortness of breath)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

**Contact Peel Public Health at 905-799-7700 if your temperature reading is above 37.8°C or 100.0°F.**

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