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## TEMPERATURE SELF-MONITORING FORM

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*This form is intended for persons who are self-monitoring for symptoms of novel Coronavirus (COVID-19). Record your temperature for 14 days since returning to Manitoba or since your last known exposure to COVID-19.*

Temperatures should be monitored 2x/day with a minimum of 6-8 hours between readings.

Should you develop a fever of  $> 38^{\circ}\text{C}$  ( $100.4^{\circ}\text{F}$ ), cough, shortness of breath or breathing difficulties, or any other symptoms of COVID-19, such as: muscle aches, weakness, headache, sore throat or runny nose:

- 1) Self-isolate immediately (avoid physical contact with others)
- 2) Call Health Links–Info Santé to see if you should be assessed and/or tested for COVID-19. If you are sent to a health facility for testing and/or treatment, you will be provided with a mask to wear upon arrival and you will be isolated from others.

*If you haven't already, please report to your PHN at the number below that you have developed symptoms and had attended a health care facility.*

For all other questions/concerns, contact the following:

Mon-Fri 8:30-4:30pm PHN: \_\_\_\_\_ Phone #: \_\_\_\_\_

After Hrs and Weekends, call Health Links–Info Santé: 204-788-8200 or toll-free 1-888-315-9257.

**Passive** (no daily contact by PHN)

**Active\*** (PHN will contact you 1x/day to obtain temperature recordings and assess symptoms)

- ✓ Temperatures should be taken with a digital thermometer by mouth (oral) method
- ✓ Do not eat, drink, smoke or chew gum **for 30 minutes** prior to taking your temperature
- ✓ Do not take Acetaminophen or Ibuprofen during the entire monitoring period **UNLESS** your health care provider advises you otherwise.

- 1) Carefully place the tip of the thermometer under your tongue
- 2) Keep your mouth closed and leave in place for 1 minute or until you hear the thermometer beep
- 3) Remove the thermometer and record the temperature

Day	Date	AM Temp(°C) and Time	PM Temp(°C) and Time	Symptoms: e.g. Fever, cough, shortness of breath/ breathing difficulties, muscle aches, weakness, headache, sore throat, runny nose, diarrhea.
1				
2				
3				
4				
5				
6				
7				
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10				
11				
12				
13				
14				