

COVID-19 Self-Monitoring Check Sheet

* Upon initial screening at/before the start of orders, if a Soldier has a fever >100.4 Degrees Fahrenheit and/or symptoms of the common cold to include cough and shortness of breath, it is recommended that the Soldier return home or stay in place in his/her room in order to self monitor for 14 days to ensure he/she does not contribute to possible spread of COVID-19. While self-monitoring in a quarantine and/or situation, it is recommended that the Soldier stay in place at home or in his/her room, avoid others, and call a health care provider for further medical advice if symptoms get worse.

Day	Date	Temperature Check (Twice Daily)		Symptom Check						Health and Welfare Check Completed by:	Check Method (Text/Call preferred*)
		AM	PM	Cough		Shortness of Breath		Fever			
1	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
2	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
3	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
4	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
5	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
6	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
7	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
8	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
9	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
10	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
11	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
12	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
13	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					
14	__/__/__	__°F	__°F	 ☐ YES ☐ NO	 ☐ YES ☐ NO	 ☐ YES ☐ NO					

Name : _____ Rank : _____ UIC : _____ Commander : _____