

Health Monitoring for Respiratory Illness

It has always been important to keep an eye on your health. Use this as a guide to monitor yourself for symptoms if you believe you've been exposed to a respiratory illness. Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any of the listed symptoms: circle 'Y' for Yes and 'N' for No. Pay special attention if you have a fever (100.4° F or higher), cough, or shortness of breath. If you experience fever, cough, or shortness of breath please remain self-isolated until your fever is gone, other symptoms have improved for 3 days, and it's been at least 7 days since symptoms appeared. If you feel these symptoms are serious call your healthcare provider.

| Date | | | | | | | | | | | | | | |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| AM or PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM | AM | PM |
| Temperature | | | | | | | | | | | | | | |
| Felt feverish | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Cough | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Difficulty breathing/shortness of breath | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Muscle aches/headache | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Sore Throat | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Abdominal discomfort | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Vomiting | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Diarrhea | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |
| Runny Nose | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N | Y N |

Please record if you're taking any medication with aspirin, Tylenol® (acetaminophen), paracetamol, Aleve® (naproxen), Motrin® or Advil® (ibuprofen), or add any other notes about how you feel here:



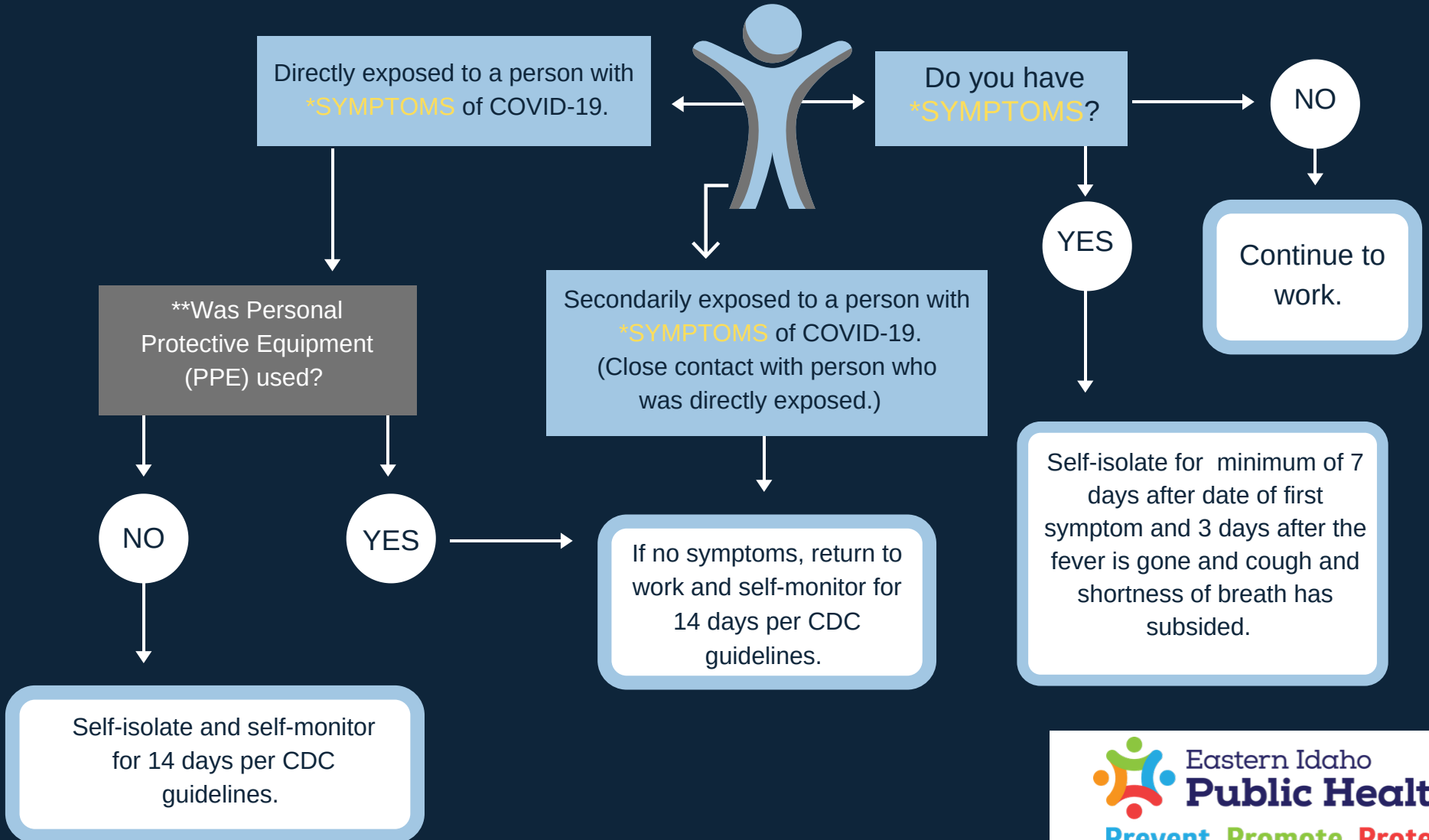
(208) 522-0310 or toll free (855) 533-3160

COVID-19 Decision Tree

This document is a general guideline to assist with decision making. Please refer to your Human Resources Department, Eastern Idaho Public Health, and/or the CDC for questions that are specific to your individual circumstance or profession.

***SYMPTOMS: FEVER (100.4 DEGREES OR HIGHER), COUGH, SHORTNESS OF BREATH**

Employee/Individual



***PPE includes eye protection, masks, gowns and gloves. Refer to CDC guidelines for use of PPE.*

 Eastern Idaho
Public Health
Prevent. Promote. Protect.

COVID-19 HOTLINE
(208) 522-0310 or toll free (855) 533-3160