

Covid Exposure and Quarantine Log

Note the exposure date, the test date, result date, and track how many days to quarantine.

SUN	MON	TUE	WED	THU	FRI	SAT

Notes _____

Covid Quarantine Temperature and Symptom Log

Check the temperature and log any symptoms for each sick person in the household for 15 days

Day & Date	Time	Temperature and Symptoms
DAY 1	AM	
	PM	
DAY 2	AM	
	PM	
DAY 3	AM	
	PM	
DAY 4	AM	
	PM	
DAY 5	AM	
	PM	
DAY 6	AM	
	PM	
DAY 7	AM	
	PM	
DAY 8	AM	
	PM	
DAY 9	AM	
	PM	
DAY 10	AM	
	PM	
DAY 11	AM	
	PM	
DAY 12	AM	
	PM	
DAY 13	AM	
	PM	
DAY 14	AM	
	PM	
DAY 15	AM	
	PM	