

Self-Monitoring Health Form

Name _____

Unique ID _____

Please use the chart below to track your body temperature once a day (at the same time every day) and input your temperature in the space provided. Please also include any other symptoms you may be currently experiencing. There is no need to monitor your health once you have been in the United States for 15 days and do not have any symptoms.

Date _____ Time _____ Body Temperature _____ Other Symptoms _____

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If you need a thermometer you may pick one up at Miami [Health Services](#) at no charge. If you have a fever, you need to meet with a medical provider. Please call Miami Health Services at

513-529-3000. Faculty and staff should contact their regular health care provider. Please call Miami Health Services or your healthcare provider **before** going. They will give you instructions.

Regardless of your symptoms, please follow this guidance from the Centers for Disease Control and Prevention and the Ohio Department of Health:

- Wash hands often with soap and water for at least 20 seconds.
- It is especially important to wash your hands:
 - Before, during, and after you prepare food.
 - Before you eat and after you use the bathroom.
 - After handling cash.
 - More frequently when someone in your house is sick.
 - Before/after smoking/vaping.
 - Before/after using public computers.
- Use an alcohol-based hand sanitizer if soap and water are not available.
- Frequently clean your doorknobs, light switches, and other commonly touched areas with disinfectant wipes.
- Avoid contact with people who are ill.