Daily Temperature Log

Issued: 12 December 2014

FAMILY NAME _____ FIRST NAME _____

Record the time and your temperature twice a day, once in the morning and once in the evening. Record other symptoms and movements outside your home each day.

If your temperature is 37.5°C or over OR if you feel unwell, call **1300 066 055 in New South Wales** OR **1800 186 815 Australia-wide** to be connected with the public health unit or communicable diseases branch for the state or territory you are now in.
Day 1 is the day after you left the Ebola affected country.

DAY	Time	Temperature	Other symptoms	Movements outside the household and contact with other people
Day example 20/11/2014	9.00 AM	37.1	None	Took children to the park.
	9.00 PM	37.2		
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			
Day9	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			
Day 16	AM			
	PM			
Day 17	AM			
	PM			
Day 18	AM			
	PM			
Day 19	AM			
	PM			
Day 20	AM			
	PM			
Day 21	AM			
	PM			