YSFS Personal Health Screening Symptom Log Name: _____

From the CDC: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html
Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

**This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

INSTRUCTIONS:

1. Monitor your symptoms daily, throughout your stay at the YSFS.
2. **In the table below, mark YES to any symptoms you believe may be COVID-related.** Use your best judgment. YSFS personnel cannot help you determine whether your symptoms might be COVID-related.
3. If you have NO symptoms, you may continue normal activities.
4. **If you mark YES to any symptoms in the table below, please notify your health care provider and follow the guidelines in your field safety evacuation plan.**

Date	Fever (temp of 100.4 F or higher) or chills	New onset or worsening cough	Shortness of breath or difficulty breathing	Muscle or body aches	Headache	New loss of taste or smell	Sore throat	Congestion or runny nose	Nausea or vomiting	Diarrhea
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N
	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N	Y or N