

**SYMPTOMS AND TEMPERATURE LOG**

IF NO SYMPTOMS PLEASE WRITE NO IN SPACE

DAY	DATE	TIME	TEMP.	SYMPTOMS	COMMENTS
0		AM			
		PM			
1		AM			
		PM			
2		AM			
		PM			
3		AM			
		PM			
4		AM			
		PM			
5		AM			
		PM			
6		AM			
		PM			
7		AM			
		PM			
8		AM			
		PM			
9		AM			
		PM			
10		AM			
		PM			
11		AM			
		PM			
12		AM			
		PM			
13		AM			
		PM			
14		AM			
		PM			

Take temperature twice a day. Preferrably 12 hours apart.  
 Wait 30 minutes after eating, drinking or exercising.  
 Wait at least 6 hours after taking medications that can lower your temperature,  
 ie, acetaminophen, ibuprophen or aspirin  
 List any symptoms you develop.

If any temperature or symptoms concern you. Students contact Student Health. Cell phone--620-786-0392  
 Faculty/staff can contact Student Health and/or Healthcare Provider