



Coronavirus (COVID-19) Self-Monitoring Information

14-Day Self-Monitoring Log

Take your temperature twice a day, in the morning and in the evening, and write it down. Mark if you have any symptoms: Circle 'Y' for Yes or 'N'. If you forget to take your temperature, take it as soon as you remember. Leave no spaces blank.

Day/Date (MM/DD/YY)	Time	Temperature	Cough	Fatigue or Aches	Shortness of Breath	Diarrhea	Chills
1 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
2 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
3 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
4 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
5 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
6 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
7 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
8 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
9 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
10 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
11 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
12 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
13 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N
14 / /	AM		Y N	Y N	Y N	Y N	Y N
	PM		Y N	Y N	Y N	Y N	Y N

Student Health Services Recommendations

For the health and safety of all University community members, Arcadia's protocol is in accordance with [Governor Wolf's Stay-At-Home Order](#) to mitigate transmission of COVID-19.

Guidance for self-monitoring

This guidance is to help you closely monitor your health for up to 14 days. It is very important to monitor your health so that you can be taken care of and treated quickly if you get sick. Based on what is known from other coronavirus infections, 14 days is the longest time between when you were last exposed to coronavirus and when symptoms begin.

What are the signs and symptoms of coronavirus?

The most common symptoms of coronavirus are fever and cough. Some people also report difficulty breathing, and more rarely, sore throat, muscle aches, and abdominal discomfort. These symptoms can also be due to many other illnesses. If you develop a fever or any symptoms, it doesn't mean you have coronavirus.

Proactive protective and careful measures during this time period.

- Stay home except to get medical care – call ahead before visiting your primary care physician. You should avoid contact with others and limit travel
- Cover your mouth and nose with a tissue when you cough or sneeze; wash your hands afterward with soap and water or use an alcohol-based sanitizer.
- Clean your hands often with soap and water or with an alcohol-based sanitizer; use soap and water preferentially if your hands are visibly dirty
- Avoid sharing personal household items
- Clean “high-touch” surfaces daily with a household cleaning spray or wipe

What should I do if I become ill during this monitoring period?

DO NOT GO to a clinic or hospital without first calling your primary care provider or Student Health Services, or consulting a physician through Telehealth. If your symptoms are mild, you may be able to remain at home. If it is determined that you need medical attention, we will assist you in getting the help you need. **Prevention is the best way to limit the spread of disease.**

Arcadia University Student Health Services

Phone: 215-572-2966

TeleHealth (www.telehealth4students.com)

Phone: 1-855-870-5858