

EBOLA SYMPTOM CARD AND 21-DAY TRACKING LOG



FORM F

Adapted from CDC CARE Kit

Acute Communicable Disease Control 313 N. Figueroa St., Rm. 212 Los Angeles, CA 90012 213-240-7941 (phone), 213-482-4856 (facsimile) publichealth.lacounty.gov/acd/

Name:		
If you have any of these symptom	s during the next 21 days	, call the Los Angeles
County Public Health Nurse at _		or after-hours at
213-250-8522 .		•

Remember: Check symptoms and report early! Getting care early is your best chance to get better.



Daily Body Symptoms and Temperature Check

Week #1

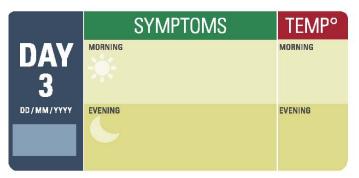
Date you arrived in United States: / / OR

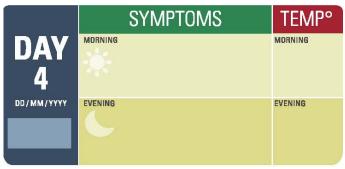
Date of last exposure: / /

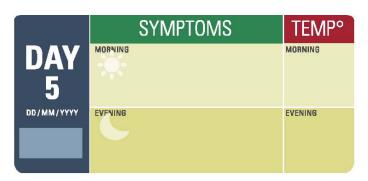
Use this form to record your temperature and symptoms every morning and every night. If your temperature is 99.5°F or 37.5°C or above OR if you have any of the symptoms listed on the symptom card, please call the Los Angeles County Public Health Nurse at or after-hours at 213-250-8522.



	SYMPTOMS	TEMP°
DAY 2	MDRNING	MORNING
DD/MM/YYYY	EVENING	EVENING







	SYMPTOMS	TEMP°
DAY 6	MORNING	MORNING
DD/MM/YYYY	EVENING	EVENING

	SYMPTOMS	TEMP°
DAY 7	MORNING	MORNING
DD/MM/YYYY	EVENING	EVENING

Daily Body Symptoms and Temperature Check

Week #2

Use this form to record your temperature and symptoms every morning and every night. If your temperature is 99.5°F or 37.5°C or above OR if you have any of the symptoms listed on the symptom card, please call the Los Angeles County Public Health Nurse at or after-hours at 213-250-8522.

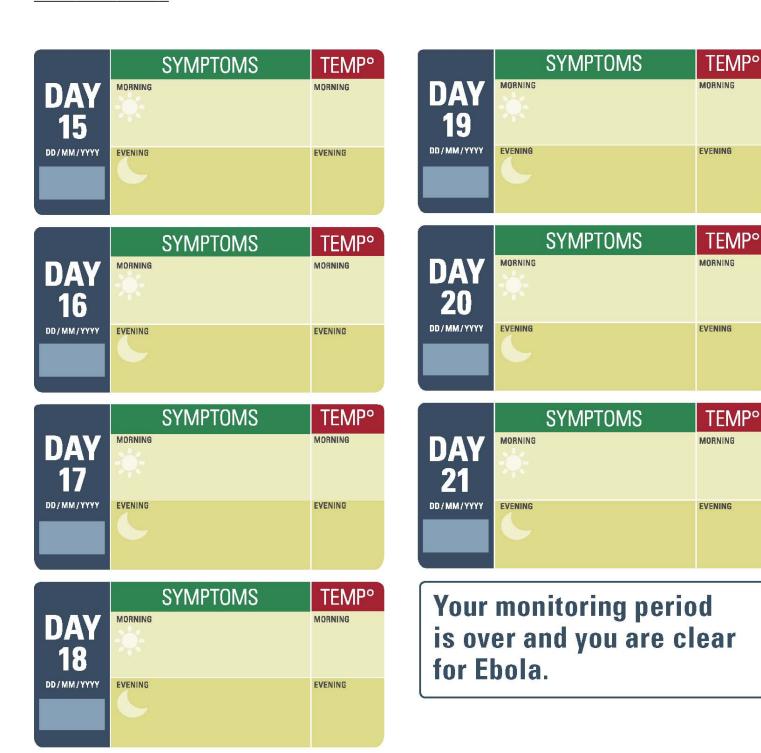


		SYMPTOMS	TEMP°
DAY 12	MORNING		MORNING
DD/MM/YYYY	EVENING		EVENING
		SYMPTOMS	TEMP°
DAY 13	MORNING		MORNING
DD/MM/YYYY	EVENING		EVENING
		SYMPTOMS	TEMP°
DAY 14	MORNING	OTTAIL TOTAL	MORNING
DD/MM/YYYY	EVENING		EVENING

Daily Body Symptoms and Temperature Check

Week #3

Use this form to record your temperature and symptoms every morning and every night. If your temperature is 99.5°F or 37.5°C or above OR if you have any of the symptoms listed on the symptom card, please call the Los Angeles County Public Health Nurse at or after-hours at 213-250-8522.



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