

Symptom and Temperature Log

Complete this log daily for 14 days after you arrive in Bermuda

DAY	DATE	SYMPTOMS	TEMP
DAY 0		Day 0 is the day you arrived in Bermuda.	
DAY 1		<div><div></div><div></div></div>	
DAY 2		<div><div></div><div></div></div>	
DAY 3		<div><div></div><div></div></div>	
DAY 4		<div><div></div><div></div></div>	
DAY 5		<div><div></div><div></div></div>	
DAY 6		<div><div></div><div></div></div>	
DAY 7		<div><div></div><div></div></div>	
DAY 8		<div><div></div><div></div></div>	
DAY 9		<div><div></div><div></div></div>	
DAY 10		<div><div></div><div></div></div>	
DAY 11		<div><div></div><div></div></div>	
DAY 12		<div><div></div><div></div></div>	
DAY 13		<div><div></div><div></div></div>	
DAY 14		<div><div></div><div></div></div>	

If you get sick, inform your healthcare provider.

Tell them your symptoms and that you are under self-quarantine. You should also inform the person responsible for your public health monitoring when you are contacted.

If you have a medical emergency, call 911. Tell them your symptoms and that you are under self-quarantine.