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| OHSU Occupational Health 14-day Symptom Monitoring Sheet | | | | | | | | | | |
| Employee Name: Date of Departure from China:  EID: | | | | | | | | | | |
| Date | Temperature log  (Check twice daily) | Fever  38 ˚C (100.4 ˚F) or Greater  (Yes/No) | Cough  (Yes/No) | Shortness of Breath  (Yes/No) | Sore throat  (Yes/No) | Body aches  (Yes/No) | Chills  (Yes/No) | Headache  (Yes/No) | Diarrhea  (Yes/No) | Nausea/vomiting  (Yes/No) |
| Day 1  (Departure Date) | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 2 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 3 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 4 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 5 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 6 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 7 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 8 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 9 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 10 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 11 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 12 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 13 | AM:  PM: |  |  |  |  |  |  |  |  |  |
| Day 14 | AM:  PM: |  |  |  |  |  |  |  |  |  |

Submit this form to Occupational Health at [occhealth@ohsu.edu](mailto:occhealth@ohsu.edu) at the end of the 14th day period.

\*If you develop any of the symptoms above during the 14-day incubation period, avoid contact with others, wear a surgical mask, and seek medical care right away. Call your doctor’s office or Emergency department ahead and tell them about your recent travel and symptoms. Cover your cough and practice meticulous hand hygiene. Notify Occupational Health by calling 503-494-5271.