COVID-19 symptoms tracking log

If you are exposed to someone with COVID-19, write down and monitor your temperature and symptoms every day for 10 days. Day 0 is the day you were exposed to COVID-19. You can track up to three people on this log. Reuse as needed.

For more information on COVID-19, visit ucare.org/covid03

COVID-19 symptoms may include:

- Fever or chills
- Shortness of breath
- New loss of taste or smell
- Muscle or body aches
- Congestion or runny nose
- Nausea or vomiting
- Sore throat
- Fatigue
- Cough
- Headache
- Diarrhea

If you have COVID-19 symptoms:

- Isolate at home. If you live with others, stay away from them as much as possible.
- Wear a mask and wash your hands often
- Call your doctor or clinic if your symptoms worsen
- If you need emergency medical attention, call 911 and let them know you have COVID-19 symptoms

Day and date	Name		Name		Name	
	Temp. (°F)	Symptoms	Temp. (°F)	Symptoms	Temp. (°F)	Symptoms
1	AM:		AM:		AM:	
	PM:		PM:		PM:	
2	AM:		AM:		AM:	
	PM:		PM:		PM:	
3	AM:		AM:		AM:	
	PM:		PM:		PM:	

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Day and date	Name		Name		Name	
	Temp. (°F)	**Symptoms**	**Temp. (°F)**	**Symptoms**	**Temp. (°F)**	**Symptoms**
4	AM:		AM:		AM:	
	PM:		PM:		PM:	
5	AM:		AM:		AM:	
	PM:		PM:		PM:	
6	AM:		AM:		AM:	
	PM:		PM:		PM:	
7	AM:		AM:		AM:	
	PM:		PM:		PM:	
8	AM:		AM:		AM:	
	PM:		PM:		PM:	
9	AM:		AM:		AM:	
	PM:		PM:		PM:	
10	AM:		AM:		AM:	
	PM:		PM:		PM:	

UCare's MSHO (HMO D-SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in UCare's MSHO depends on contract renewal.