Covid-19 Symptom Tracker for Quarantine

To best decrease the risk of transmission after exposure and help reduce our rates of COVID-19 in the community, we recommend you quarantine for a full 14 days after exposure. However, if a 14-day quarantine is too difficult (for example, is financially difficult or for childcare reasons), ending the quarantine early is an option with the guidelines provided below. **If at any time you develop symptoms, please call the office for a telemedicine appointment.**

DAY 1: Day after exposure

DAY 5: First day for testing IF NO SYMPTOMS (can be rapid antigen test or PCR test but PCR is best)

DAY 7: OPTION to stop quarantine after Day 7 IF NO SYMPTOMS AND TEST RESULT IS NEGATIVE

DAY 10: OPTION to stop quarantine after Day 10 IF NO SYMPTOMS

DAY 14: RECOMMENDED last day of quarantine

Earliest option: End Quarantine if no symp and neg test

May end Quarantine Without a test as long as no symptoms

Safest end of Quarantine

	Last day of exposure	Day 1	Day 2	Day 3	Day 4	Day 5 TEST	Day 6	Day 7	Day 8	Day 9	Day 10	Day11	Day 12	Day 13	Day 14
DATE															
Fever or Chills															
Cough															
Difficulty Breathing Shortness of Breath															
Fatigue															
Muscle/Body Aches															
Headache															
Dizziness/Vertigo															
Loss of smell/ taste															
Sore throat															
New congestion, runny nose															
Nausea/Vomiting															
Diarrhea															
Toe Discoloration															