NSH Active Monitoring Tool for Healthcare Workers

Healthcare workers should ensure they are practicing active monitoring for symptoms of COVID-19 on a daily basis.

The following chart will help you identify and/or track symptoms. Some symptoms of COVID-19 are subtle and as such it is important to identify them as quickly as possible. If you are experiencing symptoms:

DO NOT REPORT TO WORK. Notify your manager and call the Occupational Health Line at 1-833-750-0632

Employee Name: _____ **DATE (Day 1): _____**

Symptoms	DATE with AM & PM Tracking													
	DAY 1 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
Fever >37.8 Chills Muscle Aches														
New or Worsening Cough														
Sore Throat														
Runny Nose														
Nasal Congestion														
Shortness of Breath														
Unexplained Headache														