

My COVID-19 Day Tracker

There is a lot of information and important details to keep organized after you test positive for COVID-19.

This worksheet is to help you organize important dates like when your symptoms started, you tested positive for COVID-19, you were infectious, or how long you need to self-isolate. Fill in the dates that apply to you.

**2 days before
(48 hours):**

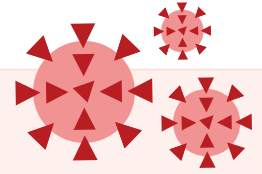
I may have been infectious.

Day/Date:

**1 day before
(24 hours):**

I may have been infectious.

Day/Date:



My symptoms started or my positive test was taken.

Day/Date:

Day 1

Day/Date:

Day 2

Day/Date:

Day 3

Day/Date:

Day 4

Day/Date:

Day 5

Day/Date:

Day 6

Day/Date:

Day 7

Day/Date:

Day 8

You can leave isolation here if your symptoms have improved (no fever for 24 hours).

Day/Date: