

EBOLA

CARE Kit Symptom Card and Log

Track your symptoms on the following pages for 21 days.

If you have a fever or any of these symptoms, follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

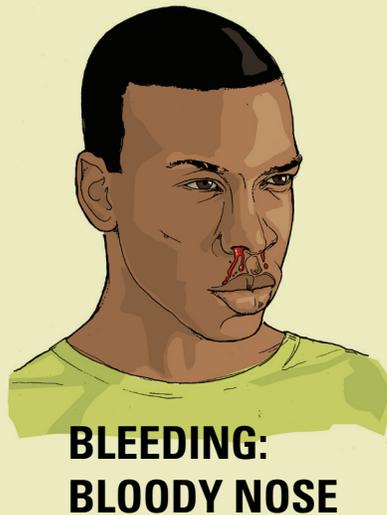
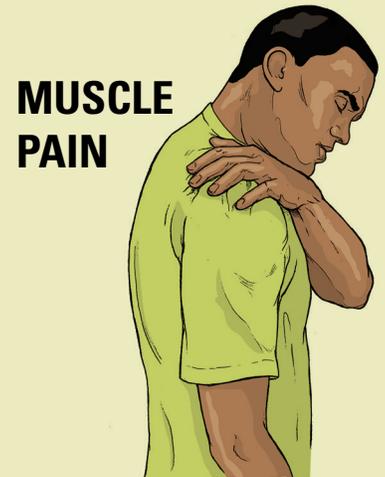
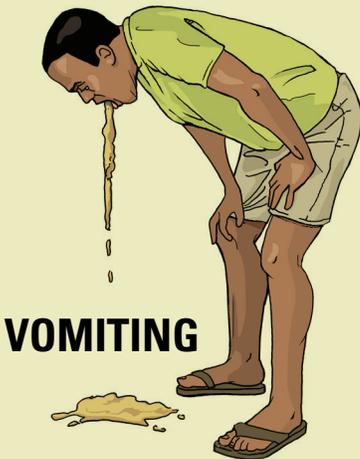
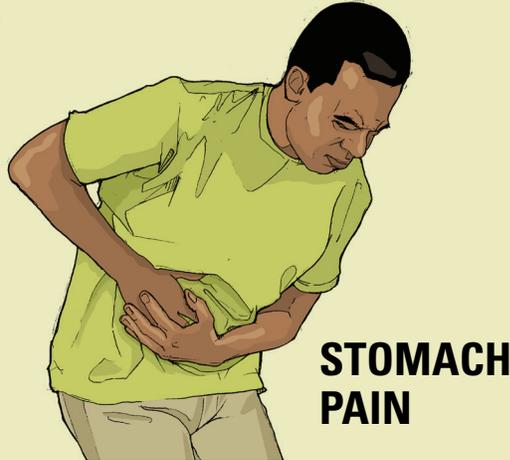
- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.

Remember:

Check symptoms and report early!

Getting care early is your best chance to get better.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

Date you arrived in United States: / /

Use this log for 21 days to record your temperature and any symptoms listed on the Symptom Card. Do this each morning and night.

If you do not have any symptoms, write "none."

You will need to report what you record on this log to a public health worker daily for 21 days.

If your temperature is 100.4°F/38°C or above OR if you have any symptoms, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.

DAY 1 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 5 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 2 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 6 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 3 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 7 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

DAY 4 <small>DD / MM / YYYY</small>	SYMPTOMS		TEMP°
	MORNING		MORNING
	NIGHT		NIGHT

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DAY 8 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 12 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 9 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 13 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 10 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 14 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 11 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

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DAY 15 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 19 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 16 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 20 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 17 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 21 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

DAY 18 <small>DD / MM / YYYY</small> <input type="text"/>	SYMPTOMS	TEMP°
	<small>MORNING</small> 	<small>MORNING</small>
	<small>NIGHT</small> 	<small>NIGHT</small>

Your monitoring period is over and you are clear of Ebola.