



TEMPERATURE SELF-MONITORING FORM

This form is intended for contacts to Ebola virus disease and travellers to Ebola virus disease affected areas to record their temperature readings and other symptoms for 21 days after their contact/return

Temperatures should be monitored 2x/day with a minimum of 6-8 hrs between readings.

Should you develop a fever of $\geq 38.6^{\circ}\text{C}$ (101.5°F) and/or any other symptoms of Ebola:

- 1) Self-isolate immediately (avoid physical contact with others)
- 2) Call Health Links/Info Sante @ 204-788-8200 or for immediate response call 911. Advise them that you have been monitoring for symptoms of Ebola as directed by Public Health.
- 3) For all other questions/concerns or to advise that you have initiated 911, contact one of the following:

Mon-Fri 8:30-4:30pm PHN: _____ Phone #: _____

After Hrs Contact Name: _____ Phone #: _____

Passive (no daily contact by PHN)

Active* (PHN will contact you 1x/day to obtain temperature recordings and assess symptoms)

**During the active monitoring period it is recommended that you should not travel. It is important for the Public Health Nurse to have contact with you daily and for you to be able to receive health care if required.*

- ✓ Temperatures should be taken with a digital thermometer by mouth (oral) method
- ✓ Do not eat, drink, smoke or chew gum **for 30 minutes** prior to taking your temperature
- ✓ Do not take Acetaminophen or Ibuprofen during the entire monitoring period

- 1) Carefully place the tip of the thermometer under your tongue
- 2) Keep your mouth closed and leave in place for 1 minute or until you hear the thermometer beep
- 3) Remove the thermometer and record the temperature

Day	Date	AM Temp($^{\circ}\text{C}$) and Time	PM Temp($^{\circ}\text{C}$) and Time	Symptoms: Muscle aches, headache, sore throat, pink or red eyes, vomiting, diarrhea, bloody diarrhea, malaise (general feeling of being unwell)
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