Coronavirus Disease 2019 (COVID-19) Self- Monitoring Instructions

Northeastern University recommends that faculty, staff, and students who have traveled to Level 3 countries monitor their health for 14 days while remaining at home, avoiding visitors, and not attending classes or other group gatherings.

For information about Level 3 countries, please go to <u>CDC Warning – Level 3</u> country. Northeastern affiliates who have traveled to a <u>CDC Alert – Level 2</u> country within the previous fourteen (14) days are also encouraged to monitor their health.

The following pages provide information about how to monitor for COVID-19. The self-monitoring form can be completed over fourteen days. Each day, a person should complete the form two times, monitoring for specific symptoms of COVID-19 (fever, difficulty breathing and cough). Please record your temperature twice daily along with indicating if other symptoms have been present.

Monitor for Symptoms for 14 days after exposure:







Difficulty Breathing

Report any temperature above 100.4 F / 38.0 C or persistent symptoms immediately to your local healthcare service or practitioner!

Contact Information:

Boston:

Canada:

North Carolina:

NUPD - 617.373.2121 UHCS - 617.373.2772 833.784.4397

866.462.3821

England:

Washington:

San Francisco - 415.554.2955

Local Healthcare - 999 / 111

800.525.0127.

San Jose - 408.792.5007

Bay Area:

Individuals can also contact their General Practitioner/healthcare provider Completed forms can be emailed to oem@northeastern.edu

Infectious Disease – Coronavirus Symptom Self-Monitoring Form

STUDENT / STAFF DETAILS

Name:	NU ID #:
Date of Birth:	Year:
Telephone #:	Program:
Email:	
Local Address:	

Please complete each line of the symptom columns, twice daily until the self-monitoring end date is reached. Per CDC guidelines, temperature must be measured twice a day. Report any temperature above 100.4 F / 38.0 C or persistent symptoms immediately to your local healthcare service listed to the right.

Boston: NUPD at 617.373.2121 / UHCS at

617.373.2772

Bay Area: 415.554.2955 (San Fransisco)

408.792.5007 (San Jose) **Canada:** 833.784.4397

England: Local Healthcare 999 / 111 North Carolina: 866.462.3821 Washington: 800.525.0127

	114331111g.co.ii 0000.525.0127			
Date	Temperature (Twice Daily)	Difficulty Breathing	Cough	Comments
	(X)	(X)	(X)	

Please send completed form to Northeastern Emergency Management at oem@northeastern.edu

Date:

Signature: