




MY DAILY HEALTH LOG

If you have emergency warning signs of COVID-19 — trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, or bluish lips or face — **seek medical care immediately.**

DAY, DATE	START OF DAY TEMPERATURE Fever = 100.4°F +	SYMPTOMS cough, shortness of breath, difficulty breathing, fatigue, body aches, chills, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea or vomiting, diarrhea	PLACES VISITED outside of daily routine	END OF DAY HAPPINESS SCALE   		
Sun.,						
Mon.,						
Tues.,						
Wed.,						
Thur.,						
Fri.,						
Sat.,						

CLEAR FORM

SUSQUEHANNA UNIVERSITY STUDENTS, FACULTY & STAFF

Student Health Center: 570-372-4385

For urgent medical advice after hours, call 570-374-9164 for on-call provider.

