

Ebola Disease Daily Self-Monitoring and Body Temperature Log

First Name

Family Name

Instructions:

Please record the date, time and your body temperature twice a day (once in the morning and once in the evening). Note that Day 1 is the day after you left the Ebola disease affected country or had contact with someone with Ebola disease. Record any symptoms you may be experiencing, movements outside of your home, and any contact with other people for each day.

If you have a body temperature of 37.5°C or over, OR if you feel unwell, call your public health unit on _____.

If you become unwell and need urgent medical attention, call 000 immediately and tell them you have had recent contact with Ebola disease.

If there is more than one person who needs to be monitored, complete a separate form for each person.

Day	Time	Temperature	Other symptoms	Movements outside of your home and contact with other people
Example 20/06/2026	9.00 AM	37.1	None	Caught 113 Bus and went to Woolworths and the chemist. Walked the dog to the dog park in the afternoon.
	7.45 PM	36.8		
Day 1	AM			
	PM			
Day 2	AM			
	PM			
Day 3	AM			
	PM			
Day 4	AM			
	PM			
Day 5	AM			
	PM			
Day 6	AM			
	PM			
Day 7	AM			
	PM			
Day 8	AM			
	PM			
Day 9	AM			
	PM			

Day	Time	Temperature	Other symptoms	Movements outside of your home and contact with other people
Day 10	AM			
	PM			
Day 11	AM			
	PM			
Day 12	AM			
	PM			
Day 13	AM			
	PM			
Day 14	AM			
	PM			
Day 15	AM			
	PM			
Day 16	AM			
	PM			
Day 17	AM			
	PM			
Day 18	AM			
	PM			
Day 19	AM			
	PM			
Day 20	AM			
	PM			
Day 21	AM			
	PM			