

Self Monitoring and Workstation Sanitizing Tracking Sheet – To be submitted weekly to Your Supervisor.



Name: _____

For the Month of: _____

Date	Time	Temperature (Celsius) Start of day	Temperature (Celsius) End of day	Cough	Fever	Headache	Aches & Pains	Sore Throat	Chills	Runny Nose	Loss Of Sense of Taste Or Smell	Shortness Of Breath Or Difficulty Breathing	Sanitized Your Work-Station	Comments
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If temperature of 38C or greater, or any symptoms please report to your supervisor.