

TEMPERATURE RECORDING FORM FOR CONTACTS OF EBOLA DISEASE

Instructions for monitoring your temperature:

- Wash your hands with soap and water for 15 seconds (or use alcohol-based sanitizer) before taking your temperature.
- Take your temperature by mouth twice a day (morning and night) and write it down in the chart below. For infants, temperature can be taken in the armpit.
- For 15 minutes before taking your temperature, avoid anything that could raise your body temperature (e.g. hot drinks, exercise, heavy clothing, etc.).
- Avoid fever-reducing medication (e.g. acetaminophen, ibuprofen, etc.) unless needed for another health condition. Tell your public health nurse if you must take them.
- Do not share your thermometer. Wash your hands and clean the thermometer¹ after each use.

If you have a fever (38°C / 101°F or higher) or develop any symptoms listed in the table below:

- Immediately self-isolate (stay away from others and keep at least 2 metres distance).
- Call your local public health office or Health Links-Info Santé.
 - Stay where you are and continue to self-isolate until you receive instructions on how and where to get care.
- If you are very sick, call 911 and tell them your symptoms and that you are an Ebola contact.

To reach Public Health:

Contact public health at _____ between ____ AM and ____ PM.

After hours, call Health Links- Info Santé:

- In Winnipeg call (204) 788-8200.
- Toll free elsewhere in Manitoba: 1-888-315-9257.

Date	Temperature Reading				Other Symptoms (fever/chills, headache, red eyes, sore throat, stomach pain, vomiting, diarrhea, rash, muscle pain/weakness, unexplained bleeding that is not related to injury)
	Time	MORNING temperature (in Celsius)	Time	EVENING temperature (in Celsius)	

¹ **Cleaning Your Thermometer:** Clean the probe tip with a cotton swab moistened with cool or lukewarm soapy water or rubbing alcohol (60%-70%). Rinse the probe tip with clean cool/lukewarm water. Let it air-dry. Store the thermometer in a clean container (its case or a Ziploc bag). Do not submerge the thermometer in water.

