SELF-MONITORING INSTRUCTIONS

Twice daily, check for the following signs or symptoms of respiratory infection:

- Fever (> 100.4)
- Cough
- Shortness of breath

Other symptoms to pay attention to include:

- Sore throat
- Congestion
- Headache
- Muscle and Joint Pain
- Chills
- Nausea or Vomiting
- Diarrhea

If you develop any of these symptoms, please contact your healthcare provider to discuss how to proceed.