



UNITED STATES  
OLYMPIC & PARALYMPIC  
COMMITTEE

# 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.