

Coronavirus Disease 2019 (COVID-19)

Self- Monitoring Instructions

Northeastern University recommends that faculty, staff, and students who have traveled to Level 3 countries monitor their health for 14 days while remaining at home, avoiding visitors, and not attending classes or other group gatherings.

For information about Level 3 countries, please go to [CDC Warning – Level 3](#) country. Northeastern affiliates who have traveled to a [CDC Alert – Level 2](#) country within the previous fourteen (14) days are also encouraged to monitor their health.

The following pages provide information about how to monitor for COVID-19. The self-monitoring form can be completed over fourteen days. Each day, a person should complete the form two times, monitoring for specific symptoms of COVID-19 (fever, difficulty breathing and cough). Please record your temperature twice daily along with indicating if other symptoms have been present.

Monitor for Symptoms for 14 days after exposure:



Fever



Cough



Difficulty Breathing

Report any temperature above 100.4 F / 38.0 C or persistent symptoms immediately to your local healthcare service or practitioner!

Contact Information:

Boston:

NUPD - 617.373.2121
UHCS - 617.373.2772

Canada:

833.784.4397

North Carolina:

866.462.3821

Bay Area:

San Francisco - 415.554.2955
San Jose - 408.792.5007

England:

Local Healthcare - 999 / 111

Washington:

800.525.0127.

Individuals can also contact their General Practitioner/healthcare provider
Completed forms can be emailed to oem@northeastern.edu

