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| DAY/date | Time |  | |  | | | | | | | |
|  |  | SYMPTOMS | | | | | | | | | |
|  |  | Temp °**C or** °F | Oxygen levels | Cough | Difficulty in Breathing | Fever | Headache | General body malaise (Fatigue) | | sneezing | Sore throat |
| DAY 1 | Am |  |  |  |  |  |  |  |  | |  |
| pm |  |  |  |  |  |  |  |  | |  |
| DAY 2 | Am |  |  |  |  |  |  |  |  | |  |
| pm |  |  |  |  |  |  |  |  | |  |
| DAY | Am |  |  |  |  |  |  |  |  | |  |
| pm |  |  |  |  |  |  |  |  | |  |
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| pm |  |  |  |  |  |  |  |  | |  |
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