Daily temperature log

Week Commencing: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Name | Monday | Tuesday | Wednesday | Thursday | Friday  | Saturday | Sunday |
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*Comments (where there have been atypical readings or staff have needed to self isolate)*

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Standard human body temperature varies between individuals and is also impacted by the time of day and a person’s age. The threshold for identifying a fever is generally considered to be **‘one’ degree above your normal rate**, or **anything above 38 degrees**. Staff should establish their base temperature by taking a reading for three consecutive days at the same time each day, *(normal rates generally fluctuate between 35 - 36.4, this is ok).*

This log must be completed daily at least one hour prior to visiting or interacting with clients, preferably at the same time of day.

Any elevation in temperature of more than one degree above the person’s normal base temperature indicates a fever; the person should isolate and contact their doctor if any further COVID-19 symptoms arise.