Daily temperature log

Name: …………………………………………………………….

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| Date  | Time | Temp | Comments |
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I confirm I have taken my temperature at the identified time and this is a true and accurate record of my temperature according to a standard calibrated thermometer.

Signature: ……………………………………………………

**Notes**

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. You should establish your base temperature by taking a reading for three consecutive days at the same time each day, *(your normal rate may fluctuate between 35 - 36.4, this is ok).*

This log must be completed daily at least one hour prior to visiting a client, preferably at the same time of day.

Any elevation in temperature of more than one degree above your normal base temperature indicates a fever; you must call the office to advise and should isolate and contact your doctor if any further COVID-19 symptoms arise.

This log must be handed in on a fortnightly basis with your time sheet.

**Privacy**

Your information, including this log, is managed and stored according to our organisation’s privacy policies and relevant legislation.