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.