

Daily Log (Optional)

The COVID19 Delta variant is highly transmissible. If you are exposed, or if you experience symptoms (such as nasal congestion, cold or sinus symptoms, cough, any fever, fatigue, headache, loss of taste or smell), you could be asked to list everyone with whom you came in contact during the previous two days. Many of us have trouble remembering that. For those of us wanting to make sure that we alert our friends who have been exposed to COVID19 by us, a daily log of contacts may be useful. Here is a simple form you may want to complete each day, perhaps at bedtime, to help you just in case you are asked for your contacts. Include the names here of everyone with whom you had contact during outdoor gatherings or hikes, shared meals whether indoors or outside, any on-campus programs, club/group participation, visits to any health center departments, shopping trips/errands, outside physician office visits, family visits, etc. Unless you become ill or contract COVID19, this list is for you only and can be discarded each week. Of course, you could use a diary or a calendar as well. Hopefully, you'll never need this list, but just in case.

DATE	TIME	EVENT, such as a walk, a meal, a chance encounter	LOCATION	CONTACTS	MASKS OR NO MASKS?