

Sample COVID-19 Temperature Daily Chart

** This document was updated to remove references to Ohio Administrative Code and update references to the Centers for Disease Control and Prevention and the Ohio Department of Health.*

Child care programs are strongly encouraged to follow all [guidance issued by the Centers for Disease Control and Prevention \(CDC\)](#) and the [Ohio Department of Health](#).

Temperature Taking Best Practices

- Wait 30 minutes after eating, drinking, or exercising
- Wait at least 6 hours after taking medicines that can lower temperatures
- When performing a temperature check on multiple individuals, ensure that you use a clean pair of gloves for each child and that the thermometer has been thoroughly cleaned in between each use. If you use disposable or non-contact (temporal) thermometers that did not have physical contact with an individual, you do not need to change gloves before the next check.
- If you use non-contact thermometers, clean them with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each person. You can reuse the same wipe if it remains wet.
- After each screening, remove and discard PPE, and wash hands with soap and water for at least 20 seconds or use hand sanitizer with at least 60% alcohol.

Quarantine keeps someone who might have been exposed to the virus away from others.

- [Ohio Department of Health quarantine guidelines](#)
- [Find your local health department](#)
- [Centers for Disease Control quarantine guidelines](#)

Isolation keeps someone who is infected with the virus away from others, even in their home.

- [Centers for Disease Control isolation guidelines](#)

The screening assessment and temperature recording log on page 2 is a sample document that can be used to record symptoms and temperature for all staff and children.

