

H1N1 Symptom Check List

Bates College Health Center

Name _____ Class _____

Dorm & Room # _____ Cell # _____

	Day 1	Day 2	Day 3	Day 4	Day 5
Start Date:					
Temperature am					
pm					
Sore Throat					
Cough					
Fatigue					
Nausea/Vomiting					
Headache					
Body aches					
Other					

On a scale of 1 (mild) to 5 (severe), please rate any symptoms that you have on the check list above.

If you get any of the following symptoms (or you are feeling progressively *MUCH WORSE*), call the Health Center **IMMEDIATELY** 786-6199.

- Confusion & decreased alertness
- Rapid increase in fever or over 102 F
- Feeling short of breath, rapid breathing or chest pain
- Feeling severely ill
- Productive cough (coughing up fluids)
- Vomiting with signs of dehydration (i.e., dizzy when standing, dry lips, decrease urination)