

Daily contact diary

To help with COVID-19 contact tracing, use this diary to record every place you visit and any people you have close contact with each day.

Symptoms to watch for

- 1 fever
- 2 sore throat
- 3 sneezing and runny nose
- 4 coughing
- 5 difficulty breathing

Date

Time	Places visited	People I've been in contact with	Contact phone or email (where available)

Date/time	People I've been in contact with	Contact phone or email (where available)

Notes

People in my bubble

1.
2.
3.
4.

5.
6.
7.
8.