



LANGUAGE TRAINING CENTER SELF MONITORING AGREEMENT

In an effort to minimize illness while participating in a Concordia Language Village program, we ask that participants 1) monitor their health daily beginning 14 days prior to arrival, or as soon as they are registered for the course if less than 14 days; and 2) bring this completed record with them on opening day. If participants are unable to meet this request for any reason, they should contact Health Services at 218-586-8771 or health@cord.edu to discuss their situation.

Participants should indicate if they have any of the following symptoms and record their temperature daily. Should one develop a cough, shortness of breath or a fever (and/or two of any of the other symptoms), they should seek medical guidance by a licensed provider and come prepared with a statement indicating fitness for the program.

Symptoms include:

- Cough
- Shortness of breath or difficulty breathing
- Fever
- Chills
- Muscle pain
- Sore throat
- New loss of taste or smell
- Nausea
- Vomiting
- Diarrhea
- Excessive fatigue
- Severe headache
- Nasal congestion or runny nose

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Name: _____

Start date of screening: _____

This portion is to be used for the **fourteen days prior to travel to the Concordia Language Training Center:**

Day	14	13	12	11	10	9	8
temp/ symp							
	7	6	5	4	3	2	1
temp/ symp							

This portion is to be used **while at** the Concordia Language Training Center:

Day	14	13	12	11	10	9	8
temp/ symp							
	7	6	5	4	3	2	1
temp/ symp							

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**CONCORDIA LANGUAGE
TRAINING CENTER**

A PROGRAM OF CONCORDIA COLLEGE AND CONCORDIA LANGUAGE VILLAGES

800-222.4750

health@cord.edu

concordialanguagevillages.org/ltc