

# Symptom Monitoring Instructions

Dear [Patient's Name],

Thank you for visiting our urgent care facility. As you continue your recovery, it is important to monitor your symptoms closely. Please follow the instructions below:

## What to Monitor:

- Fever: Check your temperature every day.
- Pain Levels: Note any changes in pain intensity.
- Breathing: Be aware of any shortness of breath.
- Other Symptoms: Keep track of any new symptoms that arise.

## When to Seek Help:

If you experience any of the following, please seek medical attention immediately:

- Difficulty breathing or chest pain
- Persistent high fever over [insert temperature]
- Severe headache that doesn't go away
- Confusion or changes in mental status

## Follow-Up:

We recommend scheduling a follow-up appointment within [insert time frame] to assess your recovery.

Thank you for trusting us with your care. If you have any questions, feel free to contact us at [insert contact information].

Sincerely,  
[Your Name]  
[Your Title]  
[Clinic Name]