

Track your COVID-19 symptoms. Knowing when and how your symptoms change helps your support team decide the best response.

	Day 1			Day 2			Day 3			Day 4			Day 5			Day 6			Day 7			
	Date / /			Date / /			Date / /			Date / /			Date / /			Date / /			Date / /			
	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	AM	NOON	PM	
Oxygen Top number on pulse oximeter																						
Heart rate Bottom number on pulse oximeter																						
Trouble breathing																						
Cough																						
Thirsty																						
Headache																						
Sore throat																						
Fever/chills																						
Tiredness																						
Vomiting Being sick																						
Diarrhoea Runny poo																						
Overall																						

Write down the pulse oximeter numbers of your oxygen and heart rate.

For each symptom, write **B** if you feel **Better**.
S you feel the **Same**.
Or
W you feel **Worse** than the day before.

Record these three times a day, every day, around the same time.

Give yourself a number to show how well you feel - **10** is very unwell and **1** is well.