

COVID-19: Your health diary (week 1)

Name: _____ D.O.B: ___/___/___ NHI: _____

Healthcare team: _____ Phone: _____

This diary will help you create **an easy record of your health** when you have COVID. This will become important if your symptoms change. Even if you feel ok, please fill it in. If your condition changes, when and how it changes may help your healthcare team decide the best response.

- Use your pulse oximeter to measure your oxygen level and pulse (bpm or PRbpm).
- Use your thermometer to measure your temperature.
- Please record both of these **THREE times a day, every day**, at around the same time.
- Your pulse and oxygen level numbers can be easy to mix up. Be careful to record these correctly.

Example of a pulse oximeter



Oxygen level
(SpO2%)

Pulse
(bpm or PRbpm)

Time of day	Day 1 / /			Day 2 / /			Day 3 / /			Day 4 / /			Day 5 / /			Day 6 / /			Day 7 / /		
	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM
Oxygen SpO2%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Pulse bpm/PRbpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm
Temperature °C																					

If at any time you experience shortness of breath when at rest, or difficulty breathing or your symptoms become suddenly or a lot worse, call 111 for an ambulance immediately. Don't wait.

COVID-19: Your health diary (week 2)

Name: _____ D.O.B: ___/___/___ NHI: _____

Healthcare team: _____ Phone: _____

This diary will help you create **an easy record of your health when you have COVID**. This will become important if your symptoms change. Even if you feel ok, please fill it in. If your condition changes, when and how it changes may help your healthcare team decide the best response.

- Use your pulse oximeter to measure your oxygen level and pulse (bpm or PRbpm).
- Use your thermometer to measure your temperature.
- Please record both of these **THREE times a day, every day**, at around the same time.
- Your pulse and oxygen level numbers can be easy to mix up. Be careful to record these correctly.



Oxygen level (SpO2%) Pulse (bpm or PRbpm)

	Day 8 / /			Day 9 / /			Day 10 / /			Day 11 / /			Day 12 / /			Day 13 / /			Day 14 / /		
Time of day	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM	AM	Noon	PM
Oxygen SpO2%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Pulse bpm/PRbpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm	bpm
Temperature °C																					

If at any time you experience shortness of breath when at rest, or difficulty breathing or your symptoms become suddenly or a lot worse, call 111 for an ambulance immediately. Don't wait.