

Time												
Respiratory Rate (breaths per minute)	A !	>= 36										
		30-35										
	ER	25-29										
	Doc	20-24										
		15-19										
		10-14										
	A !	5-9										
		<= 4										
O <sub>2</sub> Saturation (a.k.a. SpO <sub>2</sub> , in %)		>= 95										
	Doc	90-94										
	ER	85-89										
	A !	<= 84										
other cause, not COVID	A !	200+										
	Doc	190-199										
		180-189										
		170-179										
		160-169										
		150-159										
		140-149										
		130-139										
		120-129										
		110-119										
	Doc	100-109										
	ER	90-99										
		80-89										
	A !	70-79										
		60-69										
		below 60										
Blood Pressure (mmHg, systolic)  (only if abnormal)	A !	>= 140										
	ER	130-139										
		120-129										
	Doc	110-119										
		100-109										
		90-99										
		80-89										
		70-79										
		60-69										
		50-59										
	ER	40-49										
	A !	30-39										
Resting Heart Rate (beats per minute)	ER	Over 40										
	Doc	39.1-40										
	?	38.1-39										
		37.1-38										
		36.1-37										
		35.1-36										
	Doc	<= 35										
Temperature (°C)		Alert										
	ER	Voice										
	A !	Pain										
		Unresp.										
Confusion	ER											
Pain (0-10)												

(potential) COVID-19 diary, [www.covid-at-home.info](http://www.covid-at-home.info)

Patient Name : ☐ COVID-19 diagnosed

Date of Birth : Male / Female

Today's date : Patient weight: kg

In the table to the left you can note any measurements. Simply ignore the fields for which you have no measurements. The colors in the chart (or the notes in the left header if this is a black and white print) will tell you what measurements should be cause for concern. "Doc" (orange) means it's time to visit or call a doctor outside of a hospital setting. "ER" (red) means it is recommended to take the patient to the Emergency Room for evaluation, "A !" (purple) means call your emergency number for an ambulance.

If values are all in the white range, you should have some confidence that the patient can stay at home for now. Note that for temperature, as well as for some other values, there's more guidance in the text at [www.covid-at-home.info](http://www.covid-at-home.info). Note that this diary cannot cover everything. If you worry about the patient, seek help.

Notes: (What food at what time? Is patient drinking / urinating enough? Any medication?)