

| Time  |         |         |  |  |  |  |  |  |  |  |  |  |
|---|---------|---------|--|--|--|--|--|--|--|--|--|--|
| Respiratory Rate<br>(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<br>(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   |  |  |  |  |  |  |  |  |  |  |
|   |         | ≤ 60    |  |  |  |  |  |  |  |  |  |  |
| Resting Heart Rate<br>(beats per minute)                      | 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   |  |  |  |  |  |  |  |  |  |  |
| Temperature<br>(°C)   | ER      | ≥ 40    |  |  |  |  |  |  |  |  |  |  |
|   | Doc     | 39.1-40 |  |  |  |  |  |  |  |  |  |  |
|   | >2 days | 38.1-39 |  |  |  |  |  |  |  |  |  |  |
|   |         | 37.1-38 |  |  |  |  |  |  |  |  |  |  |
|   |         | 36.1-37 |  |  |  |  |  |  |  |  |  |  |
|   |         | 35.1-36 |  |  |  |  |  |  |  |  |  |  |
|   | Doc     | ≤ 35    |  |  |  |  |  |  |  |  |  |  |
| Consciousness   |         | 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 : ☐ SARS-CoV-2 positive

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 present the patient to a hospital 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 for whatever reason, seek help.

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