



T1: Coronavirus Symptom Tracker

Rationale for Tool

Knowing if anyone has symptoms of Coronavirus helps you decide what to do next. The most common symptoms of Coronavirus are recent onset of:

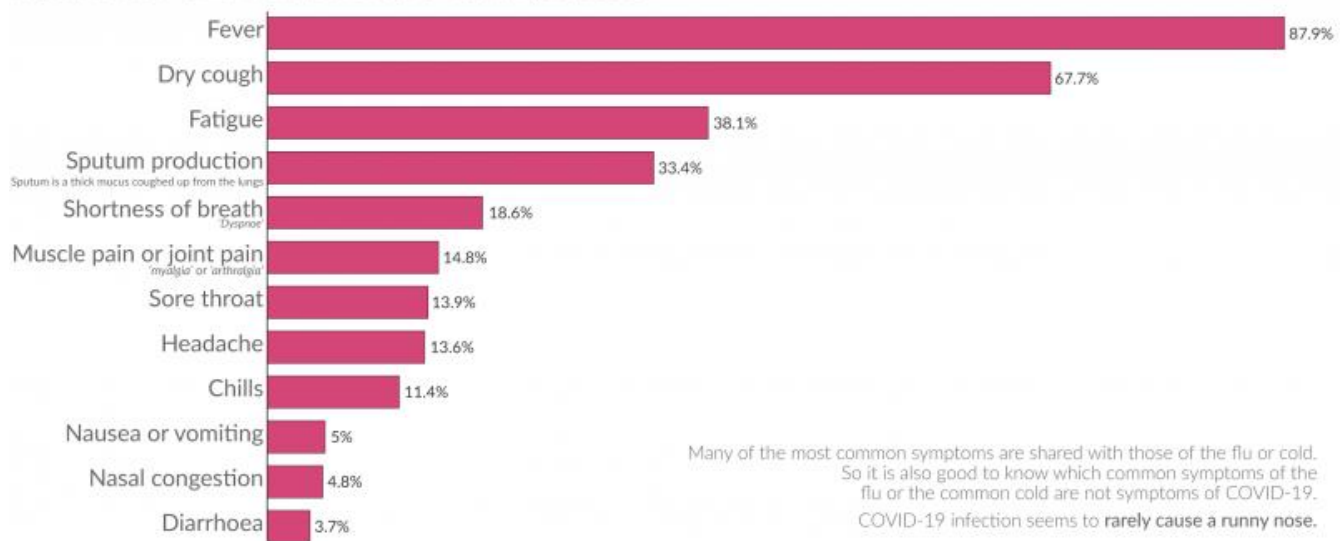
- **new continuous cough and/or**
- **high temperature (above 100.0 °F / 37.8 °C)**

Note: A new, continuous cough means coughing for longer than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.

SOURCE: GOV.UK; NHS inform

The symptoms of coronavirus disease [COVID-19] Our World in Data

The most common signs and symptoms of 55,924 laboratory confirmed cases of COVID-19. Reported from China in the period up to February 22, 2020



Data source: World Health Organization (2020). Report of the WHO-China Joint Mission on Coronavirus Disease 2019 (COVID-19). Symptoms in fewer than 1% are not shown. OurWorldinData.org – Research and data to make progress against the world's largest problems. Licensed under CC-BY by the authors.



What You Need

Ideal: Sanitized thermometer, printer, paper and a pen or pencil

No thermometer? Use the back of your hand as described in 'Checking for Symptoms of a Fever' on WikiHow

Unsure how to sanitize your thermometer? Refer to the clear guidelines at HowToAdult

Unable to print? Hand write the table on the page 3

Waiver

The use of information on this site is at reader's own risk and no party involved in the information production can be held responsible for its use. By using the content found on this website, you further acknowledge that it is not intended to be a substitute for public health agency guidance, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard public health agency or professional medical advice or delay in seeking it because of something you have read here.

Example

- Each row represents a different date.
- Each column a different person in your household.
- **Track temperature (°F or °C) and cough symptoms (Y / N) every day at the same time.**
- The table below shows an example – everything is asymptomatic ('normal') until 28 Mar for person B.
- A template table for your household is provided overleaf

Date ↓ Name	A	B	C
25 Mar 20	98.3 N	98.6 N	98.5 N
26 Mar 20	98.1 N	98.8 N	98.6 N
27 Mar 20	98.4 N	99.6 N	98.6 N
28 Mar 20	98.4 N	100.4 Y	98.6 N

Other Causes of Body Temperature Variation

There are other factors that effect body temperature (Web MD). Raised temperature should only be considered a coronavirus symptom if it exceeds 100.0 °F / 37.8 °C.

What to do if you think you have symptoms?

The advice varies from country to country, so make sure you know what to do before you need to act. A helpful summary of CDC guidance is here.



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Print out and complete one row per day for each person in your household. For additional people, or if you are advised to continue checking for symptoms beyond 14 days, print additional copies. If you do not have a printer produce the table by hand – it is the information that is important to you, not the format!

- Each *row* represents a different date.
- Each *column* a different person in your household.
- **Track temperature (°F or °C) and cough symptoms (Y / N) every day at the same time.**
- **It is very important you sanitize your thermometer between measurements**

Date ↓ Name						

What to do if you think you have symptoms?

The advice varies from country to country, so make sure you know what to do before you need to act. A helpful summary of CDC guidance is [here](#).