												1
		Time										
	A!	>= 36										
	A:	30-35										
	ER	25-29										
Respiratory Rate	Doc	20-24										
(breaths per minute)		15-19										1
		10-14										1
	A!	5-9										1
		≤ 4										4
		≥ 95										
O <sub>2</sub> Saturation	Doc	90-94										1
(a.k.a. SpO <sub>2</sub> , in %)	ER	85-89										1
	A!	≤ 84										1
	A!	200+										1
(other cause,	Doc	190-199										1
not COVID)		180-189										4
		170-179										1
		160-169		-								-
		150-159										1
		140-149										+
Blood Pressure		130-139										-
(mmHg, systolic)		120-129										1
		110-119										1
(only if abnormal)	Doc	100-109										ł
	ER	90-99										ł
		80-89										1
		70-79										ł
	A!	60-69										ł
		≤ 60										ł
	A!	≥ 140										1
(Spikes don't count.	ER	130-139										ł
Measure 5 times, 10 minutes apart.)	-	120-129										+
10 minutes apart.)	Doc	110-119										+
Heart Rate		100-109										1
(beats per minute)		90-99										†
		80-89		<del>                                     </del>								†
(while resting !)		70-79										†
		60-69										†
	ER	50-59 40-49										
	A!	30-39										
	ER	≥ 40										≥10
Temperature (°C)  Mouth Anus Ear (infrared)		39.1-40										
	Doc >2 day	38.1-39										102
	>2 day	37.1-38										99-
		36.1-37										97-9
		35.1-36										95-9
	Doc	≤ 35										≤95
Consciousness	200	Alert										300
	ER	Voice										
		Pain										
	A!	Unresp.										
Confirming	ER	Oniesp.										1
Confusion	LIT											1
Pain (0-10)	1	1	I	1	1	I	I	I	I	I	1	i .

## (potential) COVID-19 diary, www.covid-at-home.info

	Patient Name	:	☐ SARS-CoV-2 pos	sitive		
	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 outsid 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-athome.info. Note that this diary cannot cover everything. If you worry about the patient for whatever reason, seel help.						
	Notes:	(What food at what time? Is patient of	drinking / urinating enough	? Any medication?)		