		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_2 Saturation (a.k.a. SpO_2, in %)		≥ 95										
	Doc	90-94										
	ER	85-89										
	A !	≤ 84										
(other cause, not COVID) **Blood Pressure** (mmHg, systolic) (only if abnormal)	**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										
(Spikes don't count. Measure 5 times, 10 minutes apart, use average) **Heart Rate** (beats per minute) **(while resting !)**	**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 (°C) ☐ Mouth ☐ Anus ☐ Ear (infrared)	ER	≥ 40										
	Doc	39.1-40										
	>2 day	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)												

≥104	(°F)
102-104	
100-102	
99-100	
97-98	
95-96	
≤95	

(potential) COVID-19 diary, 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. 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?)