

COVID Home Isolation - Monitoring Sheet (to be used under the guidance of the General Physician/Family Doctor of the patient) – QUXAT. F. 108

Patient Name:					Gender/Age:					Patient Mobile Number:				
Monitoring Start Date:					Attendee Name:					Attendee Mobile Number:				
	Episode	Time	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10		
Date														
Oxygen Saturation Monitoring (SPO2 greater than 96 % on room air is considered normal)														
SPO2	1													
SPO2	2													
SPO2	3													
SPO2	4													
Body Temperature Monitoring (97.9 – 99 Deg F) is considered Normal														
Temperature	1													
Temperature	2													
Temperature	3													
Temperature	4													
Pulse Rate Monitoring (60-90 beats per minute are considered normal)														
Pulse Rate	1													
Pulse Rate	2													
Pulse Rate	3													
Pulse Rate	4													
Blood Pressure Monitoring (BP in the range of 120/80 mmHg is considered normal)														
Blood Pressure	1													
Blood Pressure	2													
Blood Pressure	3													
Blood Pressure	4													
Respiratory Rate Monitoring (12-25 breaths per minutes is considered normal)														
Respiratory Rate	1													
Respiratory Rate	2													
Respiratory Rate	3													
Respiratory Rate	4													
Cough	Present (P) / Absent (A)													
Fever	Present (P) / Absent (A)													
Throat Pain	Present (P) / Absent (A)													
Chest Pain	Present (P) / Absent (A)													
Breathlessness (at rest)	Present (P) / Absent (A)													
Weakness	Present (P) / Absent (A)													
Loss of Taste	Present (P) / Absent (A)													
Loss of Smell	Present (P) / Absent (A)													

Red Alert Signs – to be discussed with General Physician/Family Doctor

Continuous Fever for more than 3 consecutive days	Continuous Cough for more than 3 consecutive days	Breathlessness at rest	Continuously falling SPO2 values
Resting Pulse rate more than 100 beats/min	SPO2 less than 94 % after 6 min exercise	Restlessness/Anxiety	Excessive weakness/Fall in BP