



T10: Check Severity of Coronavirus Symptoms

Why is the Tool Helpful to You

Understanding the severity of the symptoms of coronavirus, and preparing for a call with our local healthcare system, will help us speed up calls and assist our healthcare professionals prioritize care.

It is reported that less than 1 in 20 people aged less than 50 years with COVID-19 needed hospital care in a recent study and, for most of us, the safest and the most comfortable place to recover from the virus is in our own household. The risks of severe complications increase with age and the presence of other illnesses.

Source: [The Lancet](#)

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What You Need

- Thermometer if available (see T1 tool if not)
- Emergency contact number or 'telemedicine' contact details for your local healthcare system
- Address and directions to your nearest hospital emergency room – check your local news regularly to see if this changes
- Telephone, smartphone or computer for phone call or video call consultation with a local healthcare professional
- Medical History (example form at the pdf link)



- List of current medications (example form at the pdf link)





What You Need to Do

- **Monitor** the person with symptoms of coronavirus (we have provided a check list at the end of the document for you)
 - How often you check on them depends on the severity of their symptoms
- Know what to do next if symptoms are **moderate** and **worsening**
 - This will depend on what is recommended to you in your area – find out
- Know what to do if symptoms are **severe**
 - This will depend on what is recommended to you in your area – find out

Assess the severity of coronavirus symptoms

The checklists below and provided at the end of the document help you determine the severity of coronavirus symptoms. They are adapted for your use from a 'Covid-19 remote assessment in primary care' infographic.

Source: [BMJ](#)

Severe Symptoms: Immediately call an ambulance or go to the emergency room

If any of the following symptoms develop follow the directions in your local country (eg call an ambulance):

- Severe shortness of breath - breathless while speaking or at rest
- Fast rate of breathing
- Blue lips or face
- Pulse rate >100 beats per minute with confusion
- Coughing up blood



Moderate Symptoms: Immediately call or videocall for medical assistance

- Very high temperature - over 103°F or 39°C and unmanaged by medications
- Shortness of breath - if you feel breathless while walking a short distance or speaking a few sentences
- Pain in your chest
- Difficulty breathing
- Cold, clammy or pale and mottled skin
- Neck stiffness
- Rash



Coronavirus Symptom Checklist

Print out and use to record symptoms so you can clearly communicate them with your healthcare professionals. Adapted from '[Covid-19: a remote assessment in primary care](#)'.

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1. **Severe symptoms or rapidly worsening moderate symptoms?**
 - **Ambulance or emergency room**
2. **Moderate symptoms or rapidly worsening mild symptoms?**
 - **Call or video call to your local coronavirus helpline**
3. **Mild symptoms?**
 - **Manage symptoms at home**

Severe symptoms	Y/N	Recent changes
Concerning symptoms from the 'Moderate Symptoms' Checklist		
Severe shortness of breath - breathless while speaking or at rest		
Fast rate of breathing		
Blue lips or face		
Pulse rate >100 beats per minute and confusion		
Coughing up blood		



Moderate symptoms	Y/N	Recent changes
Very high temperature - above 103°F or 39°C		
Shortness of breath - if you feel breathless while walking a short distance or speaking a few sentences		
Pain in your chest		
Difficulty breathing		
Cold, clammy or pale and mottled skin		
Neck stiffness		
Rash		

Mild symptoms	Y/N	Recent changes
Cough		
High temperature (100°F or 37.8°C)		
Fatigue / tiredness or weariness		
Phlegm or sputum produced during coughing		
Muscle or joint pain		
Sore throat		
Headache		
Chills		