

		Time												
Respiratory Rate (breaths per minute)	A !	≥ 36												
		30-35												
	ER	25-29												
		20-24												
	Doc	15-19												
		10-14												
A !	5-9													
	≤ 4													
O₂ Saturation (a.k.a. SpO ₂ , in %)	Doc	≥ 95												
		90-94												
	ER	85-89												
		≤ 84												
Blood Pressure (mmHg, systolic) (only if abnormal)	A !	200+												
		Doc	190-199											
	Doc	180-189												
		170-179												
		160-169												
		150-159												
		140-149												
		130-139												
		120-129												
		110-119												
	ER	100-109												
		90-99												
A !	80-89													
	70-79													
A !	60-69													
	≤ 60													
Heart Rate (beats per minute) (while resting !)	A !	≥ 140												
		ER	130-139											
	Doc	120-129												
		110-119												
	Doc	100-109												
		90-99												
		80-89												
		70-79												
		60-69												
		50-59												
ER	40-49													
A !	30-39													
Temperature (°C) <input type="checkbox"/> Mouth <input type="checkbox"/> Anus <input type="checkbox"/> Ear (infrared)	ER	≥ 40											≥104	
		Doc	39.1-40											102-104
	>2 day	38.1-39												100-102
		37.1-38												99-100
	Doc	36.1-37												97-98
		35.1-36												95-96
	Doc	≤ 35												≤95
Consciousness	ER	Alert												
		Voice												
	A !	Pain												
		Unresp.												
Confusion	ER													
Pain (0-10)														

(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 we recommend to call the regular doctor outside of a hospital setting. "ER" (red) means it is recommended to present the patient to a hospital Emergency Room for evaluation when the regular doctor cannot be reached, "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. Also 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?)

(°F)