**Your Home Monitoring Covid Diary**

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Surname \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date of Birth­­­ \_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_\_\_\_ . NHS Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Live alone ☐ Carer at home ☐

**Please record these three times a day**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Day since first symptoms \* | Date | Pulse | Oxygen level % | Temperature\*\* | Feeling: Better / Same/ Worse | Breathing: Better / Same/ Worse |
| Day | Time |
| Baseline reading |  |  |  |  |  |  |
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\*That is, if you start recording pulse oximetry five days after your first symptoms started, record ‘5’ under Day.

\*\* Record and fill in temperature if you have a thermometer.

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| --- | --- | --- | --- | --- | --- | --- |
| Day since first symptoms \* | Date | Pulse | Oxygen level % | Temperature\*\* | Feeling: Better / Same/ Worse | Breathing: Better / Same/ Worse |
| Day | Time |
| Baseline reading |  |  |  |  |  |  |
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**Please return your readings with your pulse oximeter.**