

Remote Monitoring COVID-19 Diary

Please use this diary to record your pulse, oxygen level and temperature four times a day using your monitoring equipment. Ideally take the first reading within an hour of getting up, twice during the day and then before bed.

Days since first symptoms			Date	Pulse	Oxygen level %	Temperature	Feeling: better/worse/same	Breathing: better/worse/same
Day	Time	Reading #						
Baseline reading*			/ /					
1	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					
2	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					
3	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					
4	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					
5	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					
6	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					
7	: AM	1 st	/ /					
	: PM	2 nd	/ /					
	: AM	3 rd	/ /					
	: PM	4 th	/ /					

* If you use a pulse oximeter regularly, please record your usual readings when you are well. If not, skip this step.

Days since first symptoms	Date	Pulse	Oxygen level %	Temperature	Feeling: better/worse/same	Breathing: better/worse/same
8	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			
9	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			
10	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			
11	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			
12	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			
13	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			
14	: AM PM	1 st	/ /			
	: AM PM	2 nd	/ /			
	: AM PM	3 rd	/ /			
	: AM PM	4 th	/ /			

COVID Care at Home is delivered in partnership with the Department of Health (WA).



Government of Western Australia
Department of Health

Any questions? We're here to support you.
Call 1800 367 277
www.covidcareathome.com.au

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