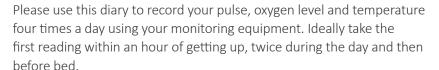
## **Remote Monitoring COVID-19 Diary**





Feeling: Breathing: Days since Oxygen better/worse/ better/worse/ first symptoms Date Pulse level % **Temperature** same same Day Time Reading # Baseline reading\* / / 1<sup>st</sup>2<sup>nd</sup>: : 3<sup>rd</sup> AM PM 4<sup>th</sup> 2 : 1<sup>st</sup> AM PM  $2^{\text{nd}}$ :  $3^{rd}$ : 4<sup>th</sup> : 3 AM 1<sup>st</sup>  $2^{\text{nd}}$ :  $3^{\text{rd}}$ :  $4^{th}$ : 4 : 1<sup>st</sup> AM PM  $2^{nd}$ :  $3^{\text{rd}}$ :  $4^{th}$ : 5 1<sup>st</sup>: 2<sup>nd</sup> AM PM  $3^{\text{rd}}$ 4<sup>th</sup> : 6 1<sup>st</sup>2<sup>nd</sup> :  $3^{\text{rd}}$ : AM 4<sup>th</sup> 7  $\mathbf{1}^{\text{st}}$ : /  $2^{\text{nd}}$ : :  $3^{rd}$ 4<sup>th</sup> :

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

	since symptoms			Date		Pulse	Oxygen level % Temperature		better/worse/ same	better/worse/ same
Day	Time		Reading #							
8	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					
9	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					
10	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					
11	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					
12	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					
13	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					
14	:	AM PM	1 <sup>st</sup>	/	/					
	:	AM PM	2 <sup>nd</sup>	/	/					
	:	AM PM	3 <sup>rd</sup>	/	/					
	:	AM PM	4 <sup>th</sup>	/	/					

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



Feeling:

Breathing: