

**COVID-19 CHART TO TRACK SYMPTOMS**

DAY	TEMPERATURE	COUGH	Short- ness of breath	Low Energy	Sore Throat	Headache	Persistent pain or pressure in chest**	Bluish lips or face**
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								

**From the CDC: If you develop emergency warning signs for COVID-19 get medical attention immediately.**

Emergency warning signs include:

- Difficulty breathing or shortness of breath
- Persistent pain of pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.