

COVID-19 Chart To Track Symptoms

Name: _____

DAY	TEMP	COUGH	Short-ness of Breath	Fatigue	Body Aches	Headache	Loss of Taste or Smell	Sore Throat	Runny Nose	Nausea, Vomiting, Diarrhea
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

CDC: When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.