

Patient:					Age:		Other:					
Start date of self monitoring												
	1	2	3	4	5	6	7	8	9	10	11	12
Body temperature (morning)												
Body temperature (evening)												
Difficulty breathing (0-3)												
Cough (0-3)												
Diarrhoea (0-3)												
Sputum production (0-3)												
Sore throat (0-3)												
Eye redness and / or swelling (0-3)												
Blood in sputum (0-3)												
Nasal congestion (0-3)												
Headache (0-3)												
Muscle pain (0-3)												
Nausea / vomiting (0-3)												
Drowsiness (0-3)												
Blood oxygen saturation (% value)												
Blood pressure and heart rate (values)												
TOTAL SCORE												

0 none	1 mild	2 moderate	3 severe
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