



T1: Coronavirus Symptom Tracker

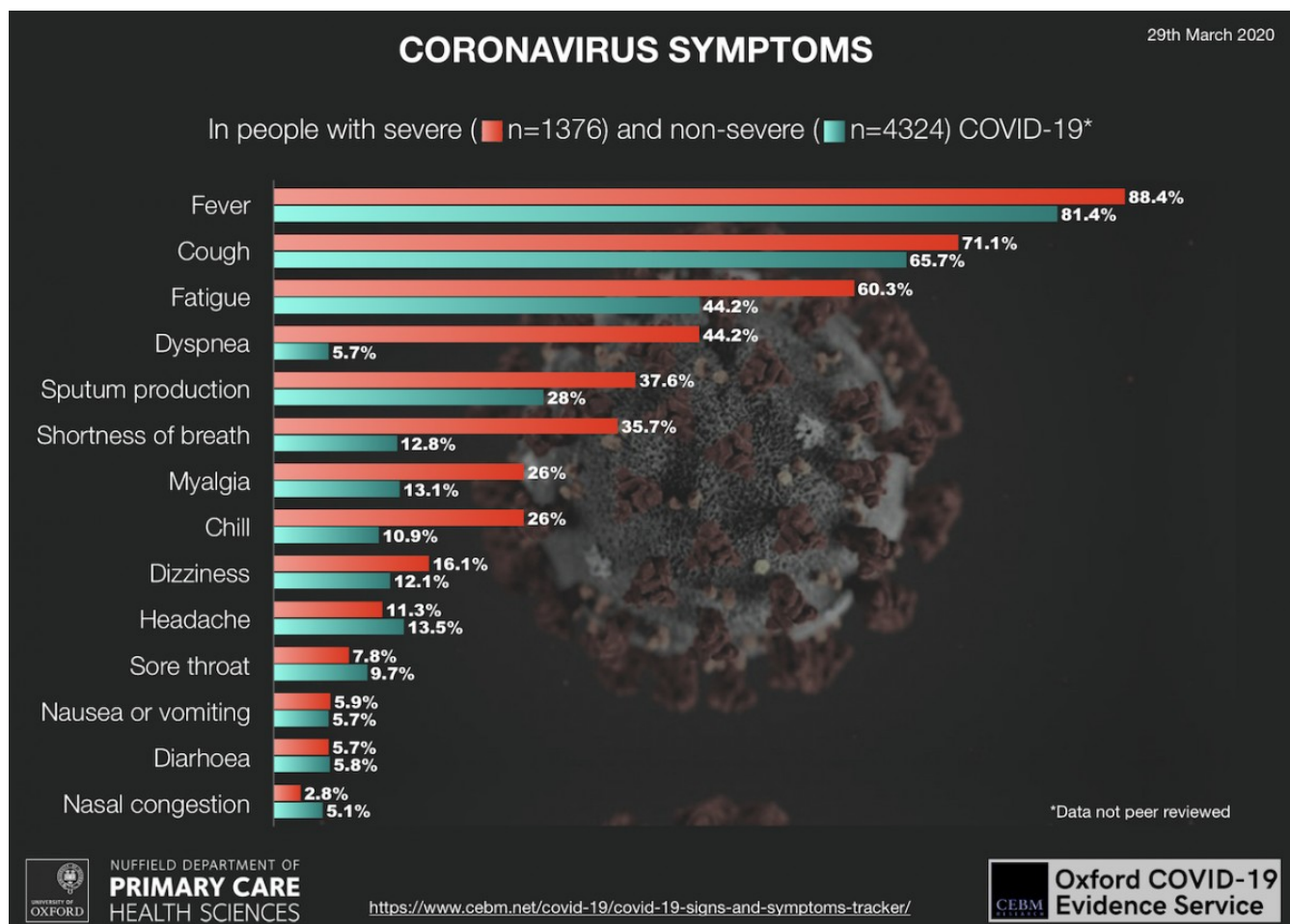
Why is the tool helpful to you?

The following symptoms of Coronavirus helps you decide what to do next. The most common symptoms of Coronavirus are recent onset of:

- **new continuous cough and/or**
- **high temperature (above 100.0 °F / 37.8 °C)**

Note: A new, continuous cough means coughing for longer than an hour, or three or more coughing episodes in 24 hours. If you usually have a cough, it may be worse than usual.

SOURCE: [GOV.UK](https://www.gov.uk); [NHS inform](https://www.nhs.uk)





STOP: If anyone has any of the symptoms below, call your emergency services immediately.

- severe shortness of breath at rest
- pain or pressure in the chest
- cold, clammy or pale and mottled skin
- have recently become confused
- are difficult to rouse
- have blue lips or face
- have little or no urine output when they pee
- coughing up blood

What You Need

Ideal: Sanitized thermometer, printer, paper and a pen or pencil, reputable online symptom checker
No thermometer? Use the back of your hand as described in 'Checking for Symptoms of a Fever' on [WikiHow](#)

Unsure how to sanitize your thermometer? Refer to the clear guidelines at [HowToAdult](#)

Unable to print? Hand write the table on the page 5

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The use of information on this site is at reader's own risk and no party involved in the information production can be held responsible for its use. By using the content found on this website, you further acknowledge that it is not intended to be a substitute for public health agency guidance, professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard public health agency or professional medical advice or delay in seeking it because of something you have read here.



What You Need to Do

Monitor household members' symptoms daily. Use the simple paper tracker for mild symptoms provided below, or a reputable online tracker if symptoms are moderate or severe. These trackers provide helpful information wherever you live, however, the recommendations they provide are focused on the country where they are published.



[Health Direct COVID-19 Symptom Checker](#)



[COVID-19 Symptom Self-Assessment Tool \(Canada\)](#)



[COVID-19 Symptom Checker](#)



[NHS 111 Symptom Checker](#)

[PatientAccess Online Symptom Checker](#)

[COVID-19 Symptom Checker \(NHS Wales\)](#)



[CDC Symptom Self-Checker](#)



Example

- Each row represents a different date.
- Each column a different person in your household.
- **Track temperature (°F or °C) and cough symptoms (Y / N) every day at the same time.**
- The table below shows an example – everything is asymptomatic ('normal') until 28 Mar for person B.
- A template table for your household is provided overleaf

Date ↓ Name	A	B	C
25 Mar 20	98.3 N	98.6 N	98.5 N
26 Mar 20	98.1 N	98.8 N	98.6 N
27 Mar 20	98.4 N	99.6 N	98.6 N
28 Mar 20	98.4 N	100.4 Y	98.6 N

Other Causes of Body Temperature Variation

There are other factors that effect body temperature ([Web MD](#)). Raised temperature should only be considered a coronavirus symptom if it exceeds 100.0 °F / 37.8 °C.

What to do if you think you have symptoms?

The advice varies from country to country, so make sure you know what to do before you need to act. A helpful summary of CDC guidance is [here](#).



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See also these additional tools.

T2: Guidelines for People with Coronavirus Symptoms

T6: Household Quarantine Area

T10: Check Severity of Coronavirus Symptoms