



# T10: Check Severity of Coronavirus Symptoms

## Why is the Tool Helpful to You

Understanding the severity of the symptoms of COVID-19, and preparing for a call with our local healthcare system, will help the caller speed up calls and assist our healthcare professionals prioritize care.

It is reported that less than 1 in 20 people aged less than 50 years with COVID-19 needed hospital care in a recent study and, for most of us, the safest and the most comfortable place to recover from the virus is in our own household. The risks of developing severe complications increase with age and the presence of other illnesses.

Source: [The Lancet](#)

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## What You Need

- Thermometer if available
  - **No thermometer?** Use the back of your hand as described in 'Checking for Symptoms of a Fever' on WikiHow

## wikiHow

- **Unsure how to sanitize your thermometer?** Refer to the clear guidelines at [HowToAdult](#)
- Emergency contact number or 'telemedicine' contact details for your local healthcare system
- Online symptom checker appropriate to your country
- Address and directions to your nearest hospital emergency room – check your local news regularly to see if this changes
- Telephone, smartphone or computer for phone call or video call consultation with a local healthcare professional
- Medical History (example form at the pdf link)



- List of current medications (example form at the pdf link)





## What You Need to Do

- **Monitor** the person with symptoms of coronavirus (we have provided a check list at the end of the document for you)
  - How often you check on them depends on the severity of their symptoms
- Know what to do next if symptoms are **moderate** and **worsening**
  - This will depend on what is recommended to you in your area – find out
- Know what to do if symptoms are **severe**
  - This will depend on what is recommended to you in your area – find out



## Assess the severity of coronavirus symptoms

The checklists designed to be printed below and provided at the end of the document help you determine the severity of coronavirus symptoms. They are adapted for your use from a 'Covid-19 remote assessment in primary care' info graphic.

**Source:** [BMJ](#)

### Several countries have also provided online symptom checkers for household use.

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](#)



## **Severe Symptoms: Immediately call an ambulance or go to the emergency room**

If any of the following symptoms develop follow the directions in your local country (eg call an ambulance):

- Severe shortness of breath - breathless while speaking or at rest
- Fast rate of breathing
- Blue lips or face
- Pulse rate greater than 100 beats per minute with confusion

## **wikiHow**

- Coughing up blood

## **Moderate Symptoms: Immediately call or videocall for medical assistance**

- Very high temperature - over 103°F or 39°C and unmanaged by medications
- Shortness of breath - if you feel breathless while walking a short distance or speaking a few sentences
- Pain in your chest
- Difficulty breathing
- Cold, clammy or pale and mottled skin
- Rash



# Coronavirus Symptom Checklist

Print out and use to record symptoms so you can clearly communicate them with your healthcare professionals. Adapted from '[Covid-19: a remote assessment in primary care](#)'.

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1. **Severe symptoms or rapidly worsening moderate symptoms?**

- Ambulance or emergency room

1. **Moderate symptoms or rapidly worsening mild symptoms?**

- Call or video call to your local coronavirus helpline

1. **Mild symptoms?**

- Manage symptoms at home

Severe symptoms	Y/N	Recent changes
Are any <b>Moderate</b> symptoms of particular concern or have worsened recently?		
Severe shortness of breath - breathless while speaking or at rest		
Fast rate of breathing		
Blue lips or face		
Pulse rate >100 beats per minute and confusion		
Coughing up blood		



Moderate symptoms	Y/N	Recent changes
Very high temperature - above 103°F or 39°C		
Shortness of breath - if you feel breathless while walking a short distance or speaking a few sentences		
Pain in your chest		
Difficulty breathing		
Cold, clammy or pale and mottled skin		
Neck stiffness		
Rash		

Mild symptoms	Y/N	Recent changes
Cough		
High temperature (100°F or 37.8°C)		
Fatigue / tiredness or weariness		
Phlegm or sputum produced during coughing		
Muscle or joint pain		
Sore throat		
Headache		
Chills		