

Recovering from COVID-19

How do I feel today?



Main Line Health

Well ahead.™

	 Green zone You are in control.	 Yellow zone Take action today Call: Doctor _____ or Home care _____	 Red zone Take action now Call: 911
Am I short of breath?	My breathing is normal.	My breathing is worse with activity.	My breathing is worse all the time.
Do I have a fever?	No fever and not taking medicine for a fever	Fever of 100° F or more	Fever of 101.5° F or more
Do I feel cold?	I don't feel cold.	I feel cold and I can't get warm. I am shivering.	Temperature is below 96.8°F My teeth are chattering.
Do I have a cough?	No cough or cough is normal.	My cough is worse. I am coughing up more mucus.	My cough is worse. I am coughing up more mucus and it looks different than before (such as yellow, green or bloody)
Do I have chest pain or chest pressure?	I have no chest pain or chest pressure.	I have no new chest pain or pressure compared to when I left the hospital.	I have new chest pain or pressure, or it feels worse than when I left the hospital.
If I use oxygen, is it helping?	My normal flow of oxygen is helping.	I feel like I need to turn up (increase) the flow of oxygen to be able to breathe.	My oxygen does not feel like it is helping at all.
If I use a pulse oximeter, am I OK?	My pulse oximeter reading is normal: _____	My pulse oximeter reading is lower than normal, but the same as when I left the hospital.	My pulse oximeter readings are getting worse compared to when I left the hospital.
How is my thinking?	My thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I'm not making sense.
How is my heartbeat?	My heartbeat is as usual.	My heartbeat is faster than 100 beats / minute.	My heartbeat is faster than 110 beats per minute.
How is my energy level?	My energy level is the same or improving.	My energy level is worse than when I left the hospital.	I am too weak to get out of bed.

My action plan for COVID-19 recovery

Things I can do:

- ☐ Ask “How do I feel today?”
- ☐ Have a plan for getting help when I am in the yellow zone.
- ☐ Take my medicine.
- ☐ Wash my hands often using soap and warm water.
- ☐ Stay by myself as much as possible.
- ☐ Clean and disinfect surfaces in my room.
- ☐ Wear a mask when I’m around others.
- ☐ Stop smoking.
- ☐ Eat healthy foods and drink water.
- ☐ Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.