

Making Decisions Together

Once you realise you may have COVID-19 it's really easy to get anxious especially with so many alarming stories on the internet.

Planning in advance how you will manage yourself can be very helpful. I find measuring can help me keep calm- these are the sorts of measurements I have been taking:

Pulse Rate - I use a pulse oximeter

Breathing Rate -practice this before and after a mindful exercise to see how you can affect your own breathing rate

Temperature - I use an ear thermometer

Oxygen saturation - I use a pulse oximeter

On the next page you will see a one week chart where you can record morning and evening readings. I've added slots for Blood Pressure and Peak Flow for those of you already measuring these.



My Coronavirus Diary

Week beginning

If you need to contact a health professional they are likely to ask you about any changes you have experienced – this is one way of having information to hand should the need arise.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Pulse Rate AM							
Pulse Rate PM							
Breathing rate before and after mindful activity - AM							
Breathing rate before and after mindful activity - PM							
Temperature AM							
Temperature - PM							
Oxygen saturation AM							
Oxygen saturation PM							
Other – eg Blood Pressure or Peak Flow AM							
Other eg Blood Pressure or Peak Flow PM							
Score 10/10 = really well							