

SYMPTOM TRACKER

NAME: _____

MONTH: _____

This is to help you to keep a note of the symptoms you experience day-to-day. You may wish to use this information to help you fill in the appointment checklist to take to your GP.

<p>*The most common symptoms of Long Covid are:</p> <ul style="list-style-type: none"> extreme tiredness (fatigue) feeling short of breath loss of smell muscle aches <p>However, there are lots of symptoms you can have after a COVID-19 infection, including:</p> <ul style="list-style-type: none"> problems with your memory and concentration ("brain fog") chest pain or tightness difficulty sleeping (insomnia) 	<p>Continued...</p> <ul style="list-style-type: none"> heart palpitations dizziness pins and needles joint pain depression and anxiety tinnitus, earaches feeling sick, diarrhoea, stomach aches, loss of appetite a high temperature, cough, headaches, sore throat, changes to sense of smell or taste rashes
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*This is the list of symptoms from www.nhs.uk. However, you may experience other symptoms. If you experience a symptom that isn't listed above you can still log it in the table below.

DATE	TIME	SYMPTOM(S)	INTENSITY RATE 1 -5 1 = very mild, 5 = very severe	NOTES, E.G. TRIGGERS, NEW SYMPTOM ETC e.g. new/ongoing 'when I go upstairs' or 'when I stand up'.

APPOINTMENT CHECKLIST

NAME: _____

APPOINTMENT DATE: _____

This is an overview to talk through with your GP or Healthcare professional. You may wish to use the information you write in the Symptom Tracker to fill this in.

SYMPTOM(S)	NEW?	HOW OFTEN?	HOW STRONG? 1 -5 1 = very mild, 5 = very severe	TRIGGERS AND EXAMPLES e.g. when I go upstairs' or 'when I stand up'.

Questions to ask / points to make: