

COVID-19 Home Monitoring Guide

Transplant recipients are experiencing a broad range of symptoms due to COVID-19 infection. Some may have no symptoms, others minimal symptoms such as a mild cough or sore throat, and some may have severe symptoms that require hospitalization. If you have been exposed to someone with the virus, or you have confirmed COVID-19 infection and are having mild symptoms, your transplant team may recommend staying home and monitoring your symptoms. Hopefully you will complete your monitoring and recovery at home, and most people will, but it is important to watch for symptoms that may require you to come to the hospital for closer monitoring and care.

For home monitoring, you should ideally have a reliable thermometer and pulse oximeter. You may also want to have an automated blood pressure cuff (optional). If you do not have these items, talk to your transplant team. You might get them delivered from a local pharmacy, pharmacy drive-through, contact-free drop off from a family or friend not in quarantine, or next-day online delivery.

Track daily temperature, oxygen levels, and symptoms in the monitoring log provided below. Your team will let you know how long you should monitor your symptoms; this may be up to 20 days.

If you become very ill and it is a medical emergency, call 911.

Tell the 911 dispatcher that you have COVID-19 so that emergency personnel can take proper precautions.

This could mean high fever, uncontrollable shaking chills/shivering, chest pain, passing out, feeling you cannot breathe or catch your breath or your oxygen level reaches 92% or lower, or anything you or a caregiver find to be concerning or scary.

If you have COVID-19 symptoms, ask your transplant team for the following information:

Daytime contact number for my coordinator or transplant team: _____

24 Hr contact number for my coordinator or transplant team: _____

Beginning on _____ (date), I have been instructed to make the following changes to my transplant medications (immunosuppressants):

1. _____
2. _____
3. _____

Some people with mild symptoms from COVID-19 may feel better with over-the-counter medications for fever, body aches and sore throat. However, not all of these are safe for people who have had transplants. Ask your coordinator or transplant team if you may use the following:

Acetaminophen (Tylenol)	<input type="checkbox"/> Yes (Max per day = ____)	<input type="checkbox"/> No
Ibuprofen (Motrin) or naproxen (Aleve)	<input type="checkbox"/> Yes (Max per day = ____)	<input type="checkbox"/> No
Aspirin	<input type="checkbox"/> Yes (Max per day = ____)	<input type="checkbox"/> No

Daily Monitoring Log for COVID-19 Symptoms

Name: _____

Date of last potential exposure to the virus or date of positive COVID-19 test: _____

Date to complete monitoring (As instructed by team, or 20 days from exposure/positive test): _____

	Day 1 / /	Day 2 / /	Day 3 / /	Day 4 / /	Day 5 / /	Day 6 / /	Day 7 / /
Temperature* (morning)	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F
Temperature* (evening)	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F	____ °F
Pulse Ox Reading	____ %	____ %	____ %	____ %	____ %	____ %	____ %
Chills or rigors (shivering)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Muscle aches?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Fatigue (tired)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Runny nose or congestion?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Sore Throat?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Cough (new or worsening of a chronic cough)?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Wheezing?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Shortness of breath?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Chest pain?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Nausea or vomiting?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Diarrhea?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Loss of appetite?	Y N	Y N	Y N	Y N	Y N	Y N	Y N
Other symptoms or comments?							
Over-the- counter medications taken today? If yes, list:	Y N _____ - _____ - _____	Y N _____ - _____ - _____	Y N _____ - _____ - _____	Y N _____ - _____ - _____	Y N _____ - _____ - _____	Y N _____ - _____ - _____	Y N _____ - _____ - _____

*A fever is generally considered 100.4°F (38°C) or higher