

LONG COVID SYMPTOM DIARY

WHAT IS A SYMPTOM DIARY?

A symptom diary is a form that allows you to track long COVID symptoms, medication use, and symptom triggers.

WHAT ARE THE BENEFITS OF USING A SYMPTOM DIARY?

By tracking this information, you and your health care provider will get a better picture of what symptoms you are experiencing, how you may be managing them with medication, and what triggers your symptoms. When changes or additions are made to your medications, activities, or management strategies, the diary can help you find out if your treatment plan is working.

HOW DO I USE A SYMPTOM DIARY?

You will need to fill in some information before using the diary. Be sure to fill in the following sections.

Information: Write your name, your health care provider's name and phone number, and the current month at the top of the diary.



Symptoms: Review the symptoms list and add any missing symptoms that you experience. Whenever you have symptoms enter a 1 for mild symptoms, 2 for moderate, or 3 for severe. If you have severe, uncontrolled symptoms, see your health care provider as soon as possible or call 911 or go to your nearest hospital.

Most symptoms listed in the diary are easy to understand, but here is a bit more information about some that are not:

*Brain fog is when you have difficulty concentrating or remembering things

**POTS stands for postural orthostatic tachycardia syndrome - it happens when your heart rate speeds up very quickly after getting up from sitting or lying down. You might experience:

- dizziness or light-headedness
- fainting or almost fainting
- noticeable heartbeats (heart palpitations)
- chest pain
- shortness of breath
- shaking and sweating

Medications: List medications you use on a regular basis and as-needed. You may want to list all of your medications or only the ones for long COVID symptoms. If you need more room, use a second diary page. Place a checkmark each day you remember to take your regular medications. For as needed medications, fill out the time when you have taken these.

Triggers: Triggers are things that make your symptoms worse. List your known and suspected symptom triggers. Place a checkmark whenever you are in contact with one.

GET THE SUPPORT YOU NEED

Connect with us if you any questions about using the diary.
Call the Lung Helpline to speak to a Certified Respiratory Educator.



1-833-385-LUNG (5864)

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