

Self-monitoring for COVID-19 symptoms



Name and surname of the resident: _____

Apartment : _____ Les Résidences Soleil Manoir : _____

Self-monitoring: Voluntary ou Mandatory from : _____ to : _____

Day	Daily monitoring		Description of the state of health, symptoms noticed	Temperature	Initials
	Date	Hour			
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

As soon as a significant symptom appears, please:

1. Must remain in your apartment and
2. Communicate with us immediately via your Intercom.

The healthcare team will contact you and check for your symptoms immediately.



Symptoms of COVID-19

Typical symptoms (compare with the person's usual condition)

Most common signs and symptoms:

- fever
 - in adults: 38 ° C (100.4 ° F) and more (oral temperature)
 - in the elderly: 37.8 ° C (100 ° F) and more (oral temperature)
- Recent dry cough or exacerbation of a chronic cough
- Breathing difficulty
- Sudden loss of smell without nasal obstruction

Other possible symptoms:

- Shortness of breath
- Sputum production
- Tired
- Loss of smell
- Loss of taste
- Diarrhea
- Sore throat
- Headache = headache, skull
- Weakness and extreme fatigue

Other possible symptoms in the elderly

Sudden change in mental state:

- More confused
- More sleepy
- "We no longer recognize him"
- No longer knows how to use his belongings

Behavior change (new behavior or stopping an existing behavior):

- Restless
- Not as usual
- Aggression / irritability
- Loss of appetite
- Sleep disturbance

Autonomy loss:

- Fall
- New incontinence
- Is no longer able to participate in care as before

What is a healthy or asymptomatic carrier?

A person can carry the virus (COVID-19) without having the symptoms and can therefore pass it on to others without knowing it.

This is why it is essential to respect the hygiene instructions, the distancing and the wearing of the mask at all times.