

COVID-19 Symptoms Tracker*

This symptoms tracker has been developed to help people, who think they may be suffering from heart valve disease or have been diagnosed with heart valve disease monitor their symptoms.

COVID-19 is an illness that can affect your lungs and airways, caused by a virus called coronavirus. With the number of cases in the UK set to increase, hospitals have begun preparation for a potential increase in patients. In some cases, this means the cancellation of non-emergency operations to reduce the strain on staffing and beds.

For many heart valve disease patients this is a worrying time. During this crisis, there will be disruptions to appointments and treatment which will no doubt cause anxiety and distress. Now more than ever it is essential that you monitor your symptoms closely and if there is a significant change you should call your clinician and ensure they understand the severity of your symptoms.

This resource provides you with a two-week diary that enables you to track your symptoms and potential associated factors in a quick and easy way. Knowing your symptoms, their frequency and the associated factors is essential to monitoring your health and will be helpful for your clinician to understand your health.

Remember: The symptoms of heart valve disease can be similar to the symptoms of other forms of heart disease or problems with the lungs. That link to COVID-19 make it essential that you understand where your symptoms are and how they are developing.

Note: We have heard of cases across Europe of patients not presenting to the hospital in fear of getting COVID-19. You **must** report to your hospital or call the emergency number if you develop severe symptoms.

Symptoms diary:

To help you understand and better communicate your symptoms to your GP and to enable them to make an informed assessment, it is important to track your symptoms.

For each day of the week you should track each symptom to map any changes.

Symptoms:

	None	Mild	Moderate	Severe
Shortness of breath				
Coughing (Wet or Dry)				
Chest pain				
Fatigue				
Tiredness				
Light-headedness				
Dizziness				
Feeling older than your age				
Heart palpitations				
Irregular heartbeat				
Additional symptoms (add below):				

Lifestyle factors:

	None	Mild	Moderate	Severe
Stress				
Anxiety				
Depression				
Exercise/ activity (please indicate which type of activity you did today e.g. swimming, walking, climbed the stairs etc)				
Poor night's sleep/sleep deprived				
Additional factors (add below):				

Additional notes (e.g. food and liquid intake, weight loss/gain, concerns etc.)



**Heart Valve Voice is providing suggested symptoms of heart valve disease in order to help patients speak to their GP. This resource is by no way conclusive and should not be used to self-diagnose heart valve disease or other conditions.*