

Guide for Transplant Patients with COVID-19

Keep a daily log of symptoms.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
Fever (record temperature)										
Cough										
Shortness of breath										
Unusual fatigue										
Muscle pain										
Chest pain										
Loss of smell										
Diarrhea										
Belly pain										
Vomiting										
Rash										
Headache										
Pulse ox reading (see below)										

Check your pulse ox if you have a pulse oximeter. Pulse oximetry (“pulse ox”) measures the oxygen levels in your blood. The pulse oximeter is a small, clip-like device that attaches to a body part (most often a finger). You can buy one at most local pharmacies or online. (Cost is about \$20).

Key Points

- **If you have symptoms or symptoms get worse, notify your transplant coordinator and your primary care doctor.**
- **A chest x-ray is recommended if you have symptoms. You can get this done in your local community.**
- **Follow recommendations from your public health department on staying home, limiting contact with people in your home, and cleaning.**
- **Wash your hands frequently.**
- **Notify your doctor’s office and lab before you come for a visit.**
- **Wear a mask if you leave your home.**