

COVID-19 & Tracking My Symptoms

If I suspect that I have COVID-19, why is it important to track my symptoms?

By tracking your symptoms, you can make proper decisions about how your condition is evolving and determine when to seek care. It is important to mark your calendar when you first experience any symptoms as well as track your fever grade and oxygen levels.

It is also important to note that while every patient's case differs, days 5-10 of COVID-19 are generally very critical in terms of respiratory complications, especially for high-risk individuals. Doctors are seeing a rise in patients with pneumonia in the second week of their illness. This is because such patients go into silent hypoxia, a condition in which their blood oxygen levels drop drastically without showing signs of breathlessness. To be able to recognize whether your condition is worsening in the second week of the illness, it's crucial to measure your blood oxygen saturation levels with a non-phone based pulse oximeter.

Source: <https://www.nytimes.com/2020/04/30/well/live/coronavirus-days-5-through-10.html>

How do I interpret the numbers on my pulse oximeter?

A normal blood oxygen saturation level is 96%-99%. It is vital that you seek medical care if your blood oxygen level drops below 90%.

Source: <https://www.everydayhealth.com/coronavirus/can-a-pulse-oximeter-save-your-life-if-you-have-covid-19/>

How can I increase blood flow to my lungs during my illness?

In addition to seeking medical care and continuously monitoring your blood oxygen levels, it's recommended that you avoid resting on your back. Instead, resting on your stomach, sides, or sitting upright can open parts of your lungs would be otherwise compressed.

Source: <https://www.nytimes.com/2020/04/30/well/live/coronavirus-days-5-through-10.html>

What is the Roth test and how is it related to evaluating COVID-19 symptoms?

The Roth test is a measure of respiratory function in the absence of a pulse oximeter. It involves the patient taking a deep breath and counting to 30. If they are unable to count to 10 without catching another breath, this indicates that their oxygen level is below 95. If they are unable to reach 5-7, it is likely that their oxygen level is below 90. It is important to note that this test shouldn't be used because it has not yet been confirmed, and there is a high possibility of inaccuracy.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6490799/>

Source: <https://www.nytimes.com/2020/04/30/well/live/coronavirus-days-5-through-10.html>