

Name:

DOB:

*Please call 811 or your family doctor, please do not present directly to ER or clinic.*

Past Medical History:  
 Call 811/GP if poorly managed condition

Medications:

Treatment History: (No Advil/Motrin/Ibuprofen)

Contact & Travel History:

Supplements:

Social History:

Day # Date	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14
Fever(C) site ( )														
Cough														
Sputum/Phlegm(colour)														
Sore throat														
Runny Nose/Nasal Congestion														
Shortness of Breath (811)														
Muscle or Joint Pain														
Chest pain														
Headache														
Fatigue														
Diarrhea/Vomiting														
Pink Eye														
Loss of Smell														
Other ( )														

Allergies:

Vaccine:  
 Influenza  
 Pneumovax

Smoking: \_\_\_\_  
 \_\_\_\_/day  
 Vaping  
 Marijuana  
 Illicit Drugs

Please check heart rate, blood pressure and respiratory rate

**⚠ Red flags**

**Covid-19:**

- Severe shortness of breath at rest
- Difficulty breathing
- Pain or pressure in the chest
- Cold, clammy, or pale and mottled skin
- New confusion
- Becoming difficult to rouse
- Blue lips or face
- Little or no urine output
- Coughing up blood

Other conditions, such as:

- Neck stiffness
- Non-blanching rash

Other Info:  
 Please attach Goals of Care, personal directive, medical history summary, medication list, or other

Name/姓名:

DOB/生日:

Please call 811 or your family doctor, please do not present directly to ER or clinic.  
请联系811或者家庭医生, 请不要直接去急诊或诊所。

Past Medical History/健康病史:

Call 811/GP if poor mgmt  
如果控制不好 联系811/家庭医生

Medications/药物:

Treatment Hx/治疗史: 请避免布洛芬

Contact & Travel Hx/旅游和接触史:

Supplements/保健品:

Social Hx/个人史:

Day # Date/日期	D1	D2	D3	D4	D5	D6	D7	D8	D9	D10	D11	D12	D13	D14
Fever/发烧 (C) site/位置 ( )														
Cough/咳嗽														
Sputum(colour)/痰(颜色)														
Sore throat/喉咙痛														
Rhinitis/congestion/鼻涕/鼻塞														
Dyspnoea/气短(呼吸困难) (811)														
Arthralgia/myalgia/肌肉关节痛														
Chest pain/胸口痛														
Headache/头痛														
Fatigue/疲劳														
Diarrhea/Vomiting/腹泻/呕吐														
Conjunctivitis/红眼病														
Anosmia/失去嗅觉														
Other/其他 ( )														

Allergies/过敏: Vaccine/疫苗 : Influenza流感  
Pneumovax肺炎球菌

Smoke/吸烟 : \_\_\_\_\_/day天

Vaping/电子烟  
Marijuana/大麻  
Illicit Drugs/毒品

Please check  
请检查 HR脉搏,  
BP血压 and RR呼吸  
频率

**Red flags**

**Covid-19:**

- Severe shortness of breath at rest
- Difficulty breathing
- Pain or pressure in the chest
- Cold, clammy, or pale and mottled skin
- New confusion
- Becoming difficult to rouse
- Blue lips or face
- Little or no urine output
- Coughing up blood

Other conditions, such as:

- Neck stiffness
- Non-blanching rash

紧急症状 - 911  
严重胸口痛, 严重气短, 嗜睡, 神志不清, 嘴唇灰蓝, 无尿, 斑驳皮肤, 咳血

其他信息:



Name/姓名:张三

DOB/生日:1955/05/05

Please call 811 or your family doctor, please do not present directly to ER or clinic.  
请打电话给811或者家庭医生, 请不要直接去急诊或诊所。

Past Medical History/健康病史: HTN高血压, DM2糖尿病

Medications/药物:

Treatment Hx/治疗史: 在家服用泰诺, 中药感冒剂

二甲双胍 0.5g一天三次, 氨氯地平5mg一天一次

Contact &amp; Travel Hx/旅游和接触史: 2月27日北京飞温哥华, 无接触史

Supplements/保健品: 多维

Social Hx/个人史: 护理工作, 家人老婆2老1小无病患

Day # Date/日期	D1 3/1	D2 3/2	D3 3/3	D4 3/4	D5 3/5	D6 3/6	D7 3/7	D8	D9	D10	D11	D12	D13	D14
Fever/发烧 (C) site/位置 (Axilla腋下)			37.8	38.3	38.2	38.6	39.4							
Cough/咳嗽			+	+	++	+++	+++							
Sputum(colour)/痰(颜色)				清	黄	绿	血							
Sore throat/喉咙痛		+	+											
Rhinitis/congestion/鼻涕/鼻塞														
Dyspnoea/气短(呼吸困难)						+	+							
Arthralgia/myalgia/肌肉关节痛		+	+	+										
Chest pain/胸口痛					+	+	++							
Headache/头痛		+	++	++	+	+	+							
Fatigue/疲劳	+	+	+	++	++	+++	+++							
Diarrhea/Vomiting/腹泻/呕吐	+													
Conjunctivitis/红眼病		+	+											
Anosmia/失去嗅觉	+	+												
Other/其他 ( dizzy 晕 )						+	+							

Allergies/过敏: 青  
霉素-出疹子Smoke/吸烟  
: \_\_\_10\_\_\_/day天  
Vaping/电子烟  
Marijuana/大麻  
Illicit Drugs/毒品Vaccine/疫苗  
: Influenza流感  
Pneumovax肺炎球菌Red flags/紧急症状 - 911  
Severe chest pain,  
shortness of breath, altered  
consciousness, confusion,  
严重胸口痛, 严重气短, 嗜  
睡, 神志不清