COVID Watch is a 14-day text-based program that can help you get the right care you need at the right time. Your text updates allow a dedicated team of nurses and doctors to monitor your progress. Working together we can get you the care you need. We are available 24/7.

**GETTING STARTED**

You will first receive a welcome text. Please reply "Y" to begin the COVID Watch program.

Texts from COVID Watch will come from 29508.

You will receive 2 check-in texts each day for the next 14 days.

**DAILY CHECK-INS**

Every morning and afternoon, COVID Watch will send you a check-in message to see how you are feeling.

Respond: "A" if you are feeling better, "B" if you feel the same, "C" if you are feeling worse.

Reply ONLY with single letters as shown.

If you feel worse at any point, text "WORSE" and a Penn Medicine clinician will call you within 1 hour.
PRIOR VERSIONS
COVID Watch is a 14 day SMS text-based program that helps Penn Medicine keep track of your symptoms. It is monitored by a dedicated team of nurses and doctors invested in your health. Your participation in this program will help us get you the care you need.

**GETTING STARTED**

Before you leave the ER, you will receive a COVID Watch welcome text. Please reply ‘Y’.

Texts from COVID Watch will come from 29508.

After you respond by texting “Y”, you will receive 2 check-in texts each day for the next 14 days.

**DAILY CHECK-INS**

Every morning and afternoon, COVID Watch will send you a check-in message to see how you are feeling.

Respond “A” if you are feeling better, “B” if you feel the same, or “C” if you are feel worse.

If you feel worse at any point, text “WORSE” to 29598 and a Penn Medicine clinician will call you within 1 hour.
CHECKING YOUR OXYGEN SATURATION

You may be asked to check your oxygen saturation (SPO2) using a pulse oximeter.

**Important:** walk in place quickly for 1 minute before measuring your oxygen saturation (SPO2). Always repeat to double-check the reading on your pulse oximeter device.

If your SPO2 drops by 2 or more from your level in the ER, text WORSE.

If you notice a drop to 89 or below, return to the ER immediately or call 911.
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