THIS SHEET IS NOT PROVI	DING ANY MEDICAL ADVICE	AND IS FOR PURPOSES OF		Type of data	Recommended Source	How To	
	EXPLORATION ONLY			Mobility data	Google Maps	Mobile app	
				Activity data	HealthKit / Google Health	Use your phone OS	
				Activity	Healhkit	Use your phone OS	
	provide some basic underst			Sleep	VERB	USA only sms-based app:	
facing and create some bas	sic structure for you to fill out			Water	VERB	https://www.getverb.co/	
	extract from digital storage			Food	VERB		
if you are willing to help buil	d a better version of this, please	e help by filling out a form on:		Stress	VERB		
	CoronaWhy.org			Work	RescueTime	Download app here: https://www.rescuetime.com/	
Date	Symptoms	Body Temp (C)	Mobility	Exposure	# of cases in area [1]	realistic estimate [2]	location specific risk [3]
Obvious, better start from time when your area got first signs of covid-19 exposure	Any unusual symptoms that you typically don't experience, even if it's outside of the scope of known symptoms	Your thermometer	Where you've been outside your home	if you were exposed or interacted with other human beings while being outside your house	Easy to find number	Heuristic to extrapolate how bad things really are	Coefficient dependent on population density

	ysical Symptoms	Body Temp (C)	Blood Pressure	Heart BPM	Mental	Mobility	Exposure	# of cases in area [4]	realistic estimate [5]	location specific risk [6]	News	Medications
Mar 11, 2020										0	President Trump blocks	most visitors from continental Europe
Mar 12, 2020						last day at the office				0		
Mar 13, 2020						stay at home				0	President Trump declare	es a national emergency
Mar 14, 2020						walking	yes			0		
Mar 15, 2020						walking	yes			0	The C.D.C. recommend	s no gatherings of 50 or more people in the U.S
Mar 16, 2020						grocery store (jons)	yes			0		
Mar 17, 2020						walking	yes			0		
Mar 18, 2020						stay at home				0		
Mar 19, 2020						grocery store (arbat)	yes			0		
Mar 20, 2020						walking	yes	294	16,170	3		
Mar 21, 2020						hike, mass contact	yes	351	19,305	4		
Mar 22, 2020						grocery store (jons)	yes	409	22,495	5		
Mar 23, 2020						stay at home		536	29,480	6		
Mar 24, 2020						bank	ves	662				
Mar 25, 2020						walking	yes	799	43,945			
Mar 26, 2020						stay at home		1,216				
Mar 27, 2020						walking	ves	1,465	80,575			
Mar 28, 2020						stay at home	yes	1,804	99,220			
Mar 29, 2020						stay at home		2,136	117,480			
Mar 30, 2020 stiff	f back pain					grocery store	yes	2,474	136,070			
Mar 31, 2020	back paili						yes	3,011	165,605			
	- #					stay at home						
Apr 1, 2020 sore	e throat					stay at home		3,518	193,490			
Apr 2, 2020						stay at home		4,045	222,475			
Apr 3, 2020 sput	ıtum					grocery store	yes	4,566	251,130			
Apr 4, 2020						stay at home		5,277	290,235	61		
Apr 5, 2020						grocery store	yes	5,940	326,700			
Apr 6, 2020						stay at home		6,360	349,800	73		
	estine disturbance					stay at home		6,910	380,050			
	ghing somewhere here	9??				walking		7,530	414,150	87		
Apr 9, 2020 head						stay at home		7,955	437,525			
Apr 10, 2020 seve						stay at home		8,430	463,650			
Apr 11, 2020 coug		37.1	low			grocery store	yes	8,873	488,015			
Apr 12, 2020 seve	ere cough					grocery store, walk	yes	9,192	505,560	106		
Apr 13, 2020 seve	vere cough, headache	37.2				stay at home		9,420	518,100	108		
Apr 14, 2020 mild	d cough					ocean car drive		10,047	552,585	116		
Apr 15, 2020 mild	d cough					stay at home		10,496	577,280	121		
Apr 16, 2020 mild						stay at home		10,854	596,970			
Apr 17, 2020 seve						stay at home		11,391	626,505			
Apr 18, 2020 dizzi		37.4				stay at home		12,021	661,155			
Apr 19, 2020 head		37.5				stay at home		12,341	678,755			
Apr 20, 2020 seve		37.3				hospital, grocery store	was	13,816	759,880			
Apr 21, 2020 seve		37.4				stay at home	yes	15,140	832,700			
Apr 22, 2020 mild		37.4				office		16,435	903,925	189		
	vere rib pain, feverish	37.4				stay at home		17508	962,940	201		
	d rib pain, back pain, s	37.4				stay at home		18517	1,018,435	213		
			102/68	78				19107	1,050,885			
	d rib pain, back pain, n					grocery store		19107	1,050,885	220		
	d confusion and disorie	37.2				stay at home						
	vere cough and severe	37.4				stay at home						
	d cough and severe ba	37.4				grocery store	yes					
	d cough, severe back (	37.8		78		hospital, pharmacy, gr	o yes					robitussim DM (3 times per day)
Apr 30, 2020 mild	d cough, severe back (	37.4		89		stay at home						robitussim DM (3 times per day)
	casional cough, back p	37.5		84								robitussim DM (3 times per day)
	asional cough, right si	37.6			clarity rest							robitussim DM (3 times per day)
	casional cough, severe	37.5			clarity rest							robitussim DM (2 times per day)
	d cough, mild chest pa	37.6			very overv		yes					robitussim DM (2 times per day)
	reased cough, milder c	37.4				nci stay at home						tylenol 500mg, robitussim DM (2 times per day
	ezing, running nose in	37.6	121/67	72	dull heada	ch stay at home						citramon 1 tbl
	d cough, severe chest	37.6				walk	yes					
May 8, 2020 rare	e cough, mild chest pa	37.7				walk	yes					
May 9, 2020 rare		37.6				stay at home						
	cough, mild chest pai	37.4				stay at home						
May 11, 2020	J., 2201 pu	37.4				, , , , , , , , , , , , , , , , , , , ,						
May 12, 2020												
May 13, 2020												
May 14, 2020												
May 15, 2020 rare	e cough											
May 16, 2020												
May 17, 2020												
May 18, 2020												
May 19, 2020 swe	eating,	36.9										

Typical COVID-19 Symptoms						
Cough						
Temperature 37.5-38						
Temperature 38+						
Fatigue						
Sputum						
Shortness of breath						
Muscle aches						
Sore throat						
Headache						
Chills						
Nasal congestion						
Nausea						
Diarrhea						
THIS IS NOT A FULL LIST						

- [1] https://www.laalmanac.com/health/he999c.php
- [2] 55x coefficient
- [3] estimate of cases divided by (total population / population density)

https://en.wikipedia.org/wiki/Los\_Angeles\_County,\_California

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