



## SYMPTOM CHECKLIST

Medical chats are monitored from 8 AM – 10 PM. Complete this form and send in medical chat with medical tracking form and weight tracking log. All documents must be received for the medical team to advise you.

Medical Chats will be reviewed / responded to on a need-based order. Take pictures / videos to help.

**Red Items = Call Med Team** **Green Items = Contact Mentor and ask again if no response >4 hours.**

**Black Items = Contact Mentor and ask again if no response >8 hours.**

Temperature: \_\_\_\_\_ How to take: <https://youtu.be/14FEMlvXf78> (Call if Over 104.5 / Under 99)

ASSESSMENT: (mark all the apply)

- **Activity Level / Behavior:**

- Body Cool / Cold**
- Dehydrated**  
How to video: [bit.ly/SOL-hydration](https://bit.ly/SOL-hydration)
- Withdrawn / Hiding
- Lethargic
- Nauseated**  
Signs: [bit.ly/catnausea](https://bit.ly/catnausea)
- Disoriented**
- Increased Thirst
- Lack of Appetite**
- Limping**  
Leg: \_\_\_\_\_
- Weakness**
- Shaking**
- Seizures / Tremors**
- Vomiting**
  - Blood Tinged**
  - Foam / Bile**
  - Food / Regurgitation
  - How Often: \_\_\_\_\_

- **Head:**

- Shaking**
- Swelling**
- Tremors**

- **Ears:**

- Dirty (Color: \_\_\_\_\_)
- Itching
- Swelling
- Warm to the touch
- Scratching
- Other: \_\_\_\_\_

- **Nose:**

- Sneezing frequently
- Discharge: Color: \_\_\_\_\_
- Bleeding
- Scabs
- Ulcers

- **Eyes:**

- Unequal Pupils**
- Cloudy
- Darting**
- Discharge: Color: \_\_\_\_\_
- Jaundice**
- Red & / or Swollen
- Ulcers / Abrasions
- Crusty
- 3<sup>rd</sup> eyelid present
- Other: \_\_\_\_\_

- **Mouth:**

- Bad Breath
- Coughing
- Licking lips frequently**
- Hard Swallowing / Gulping**
- Drooling
- Mouth Breathing**

- **Gums:**

- Cap Resp Time: \_\_\_ Sec  
How to Video: [bit.ly/SOL-CRT](https://bit.ly/SOL-CRT)  
**Call if over 3 secs**
- Condition:
  - Wet / Slick
  - Sticky / Dry / Pale**
  - Red / Inflamed
- Ulcers / Sores:**
  - Where \_\_\_\_\_
- Other: \_\_\_\_\_

- **Abdomen:**

- Bloated / Swollen**
- Painful to Touch**
- Warm to Touch**

- **Paws / Nails:**

- Pads: Dry & / or cracking
- Nails overgrown

- **Skin / Coat:**

- Bug Bites
- Hair Loss
- Flaky
- Greasy
- Overgrooming
- Sores / Wounds
- Other: \_\_\_\_\_

- **Bowel / Stool:**

- Fecal Score: \_\_\_\_\_  
Chart: [bit.ly/SOL-stoolchart](https://bit.ly/SOL-stoolchart)
- Stool Color: \_\_\_\_\_
- Straining
- Diarrhea
  - Bloody
  - Mucusy
  - Runny

- **Urinary:**

- Blood in urine**
- Frequent urination
- Strained urination**
- Inappropriate Urinating
  - Where: \_\_\_\_\_

- **Other**

- \_\_\_\_\_