

For the Public

MANAGING COVID-19 AT HOME: Checking Blood Oxygen Levels

Pulse oximetry is used to check how well your body is getting oxygen. If your oxygen saturation (oxygen level) is low when you have symptoms of COVID-19, it might mean you have severe illness

This is for people who have symptoms of mild or moderate COVID-19 and are being treated at home.

If recommended by your health care provider, here is how to record your oxygen level using an oximeter:



Rest for at least 5 mins before taking an oximeter reading.



Warm your hands.



Hold the oximeter steady.



Switch on the oximeter, and put your middle or index finger between the 'mouth' of the oximeter so that the finger is clasped tight. Remove nail polish and fake nails, or use nails without polish.



The reading might move up and down. Hold the oximeter and your hand still for one minute, until the reading is steady for at least **5 SECONDS**, then record the highest result.



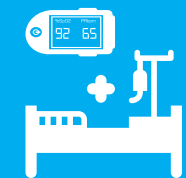
Make sure you record the correct oximeter number –oxygen saturation, labelled **SpO2 or %**. Oximeters often show two different numbers:

- your pulse or heart rate (often labelled as PR, HR, pulse, bpm or a heart-sign).
- your oxygen saturation (often labelled as SpO2 or %).

Strictly follow your healthcare provider's advice. Based on your recorded oxygen level, the following might be advised as next steps:

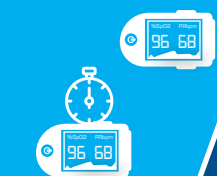


**If your oxygen level is below 90%,
get immediate medical help.**



If your oxygen level is 90% or more but less than 94%,

- contact your health care provider or seek hospital care.



If your oxygen is above 94%

- Continue to monitor your oxygen level three times a day

Whatever your level of oxygen, if you have breathing difficulties, you are unable to get out of bed or care for yourself, you have chest pains, or if you become confused, dizzy or drowsy, get immediate help from a health care provider.