



Pulse Oximeter

What is it?

- It is used to measure the oxygen saturation level in your blood
- It detects even small changes in oxygen levels
- It shows how efficiently blood is carrying oxygen to the extremities furthest from your heart including your arms and legs

Why use it?

- It can see if your blood is well oxygenated

What is a normal O2 saturation?

- Normal O2 saturation is 94-98%

COVID 19 and Oxygen Levels

- Oxygen levels can decrease in a person with COVID-19, even if feeling well. Low levels can be an early warning sign that medical care is needed

How to Take a Reading

- Remove any jewelry or finger nail polish on the finger you are using
- Make sure hand is warm and relaxed and below the level of your heart
- Place the device on your finger, earlobe or toe (finger preferred)
- Keep device on as long as needed to monitor your oxygen saturation (O2 sat) and heart rate (HR)/pulse

When should I be worried about my oxygen saturation?

- If you have COVID-19, please check your oxygen saturation periodically at home. If your oxygen is consistently below 94% and still feeling well, you should seek medical attention
- If you have COVID-19 and are experiencing shortness of breath/feeling like you can't breathe/uncomfortable breathing/anxiety etc, and oxygen is less than 94%, please call for an ambulance ASAP

This is very important especially if you are elderly, if you have other medical conditions, and if you are not fully vaccinated.

Do not wait, call for help.