

How to record your oxygen level and heart rate



If you are given a pulse oximeter to help you self-isolate, use it three times a day to help check how you're doing while recovering from COVID-19. This provides important information for the support team looking after your care.

YOUR OXYGEN LEVEL

YOUR HEART RATE

If your oxygen level is lower than 93%, or your heart rate is more than 100 call your GP, health provider or Healthline on 0800 354 5453.

If you feel very unwell or have trouble breathing, immediately call 111.

How to use your pulse oximeter



1: Make sure your hands are clean, free from nail polish and are warm. Sit down somewhere comfortable and relax for 5 minutes.



2: Put the pulse oximeter on your finger. Squeeze the bottom of the pulse oximeter like a peg and the top will open. Put your index or middle finger into the pulse oximeter as far as it will go. The pulse oximeter will turn on when your finger is inside.



3: Place your hand down on a flat surface with your fingernails pointing away from you. Keep your hand relaxed and still for 1 minute.



4: Turn your hand over and curl your fingers until your fingernails are pointing toward you (like the photo at the top of this page).

Record your numbers in your health diary:

- The top number is your blood oxygen level
- The bottom number is your heart rate.

Use your pulse oximeter 3 times every day. You can do this after your breakfast, lunch and dinner. Once you have written down your results in your Health Diary, take your finger out of the pulse oximeter. The device will turn off. It is now ready to use again.