Home isolation & care for COVID-19

How to use a pulse oximeter at home

- **Do not panic**
- Reach for help immediately
- Prone deep breathing can help improve oxygenation

For whom

Suspected / Diagnosed COVID-19

Position

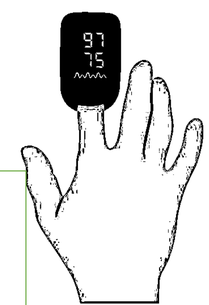
Preferably sitting

Which finger

- Preferably index fing
- Should not have nail-polish/ pigments/ deformity

Finger position

- Finger tip under red light
- Hand steady in a resting position



Accurate reading

- Allow the reading to stabilise for a minute before recording
- Do not press the pulse oximeter while the reading is being taken
- Avoid taking the reading under a direct bright light source
- Shivering or cold extremities can alter the values
- See that the light source in the pulse oximeter is not blocked by dust or dirt

Alternative method

- Children may require a different pulse oximeter probe
- Readings can also be taken in special circumstances from toes or ear lobes

Warning

- Clean the oximeter properly
- To check if it is working correctly, try on another person who has no symptoms

If reading is ≤93%

Oxygen Saturation

Heart Rate