

COVID-19 Oxygen Saturation Home Monitoring

Instructions for use of home oximeter:

1. At 8 am and 1pm daily, record your oxygen level as a percentage (ie. 99%). Keep track of ALL readings on paper or electronically. Have these readings available for telephone contact with your Doctor or Nurse. If you do not have a physician, continue to monitor your condition and oxygen readings, and see information over the page about “red flags” and when to seek urgent medical assistance.
2. Sit in a comfortable resting position for at least 5 minutes, then follow the instructions below:

1: Turn the oxygen monitor on

2: Connect oxygen sensor clip to the monitor

3. Place oxygen sensor clip on index finger (keep hand relaxed and finger straight)

4. Allow the probe to rest on the finger for 5 seconds prior to recording the oxygen level



****Do not monitor oxygen levels while sleeping and do not wear nail polish when using the oximeter**

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3. Next remove the oximeter from your finger and walk at a comfortable pace (not quickly, not running or jogging) for 30 seconds in a well-lit area, which is clear of obstacles. After you have finished, sit down, and **immediately** remove any moisture from your finger and place the sensor on your index finger. Allow the probe to rest on your finger for 5 seconds and record the oxygen level.
4. Please measure your oxygen level only at the designated times
5. **If you have any questions or concerns, seek advice from your Family Doctor or Nurse Practitioner**

If you feel your condition is worsening or you are developing any of the following “Red Flag” symptoms, seek immediate medical attention by going to the nearest Emergency Department or calling 911.

1. Loss of consciousness
2. Severe shortness of breath
3. New weakness or confusion
4. New or worsening chest pain
5. Continuous fever despite medication
6. Persistent vomiting or diarrhea
7. New or worsening dizziness
8. Oxygen level of 92% or less

If calling 911, ensure that you inform dispatcher of your COVID-19 positive status. If you choose to have someone drive you to ER, call ahead to the hospital to advise them of your COVID-19 positive status or have a family member speak to healthcare staff before you enter the premises.

6. Once you have been assessed and cleared for discharge from the program (day 10), please return the O2 sat monitor, within three days of discharge, to the drop-box located in the lobby of the Collingwood Health Centre, across from the elevator 186 Erie St, Collingwood ON. You can drop your monitor off 7 days a week between 8am-8pm. Place your monitor inside of the provided biohazard bag to return it. Dispose of the rest of the items provided in your kit. Call us at 705-444-5885 if you have questions about your monitor.



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PATIENT LOG: OXYGEN LEVEL

Day 1		Day 2		Day 3		Day 4		Day 5	
8am rest	8am walk								
1pm rest	1pm walk								
Day 6		Day 7		Day 8		Day 9		Day 10	
8am rest	8am walk								
1pm rest	1pm walk								