

COVID-19: How to Monitor Your Oxygen Level

If you have tested positive for COVID-19 or are awaiting your test result, a fingertip oxygen meter is a fast and easy way to monitor the oxygen level in your blood.



What is a fingertip oxygen meter?

An easy-to-use device to help you monitor the oxygen level in your blood. It is non-invasive (no needle) and takes just a few seconds to work.

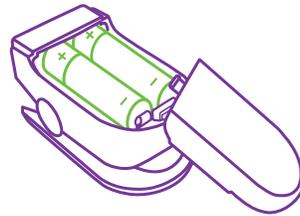
Why is it important to monitor my oxygen levels?

Many people have COVID-19 and do not know it because they do not have symptoms. COVID-19 can cause an infection in your lungs, which can lower the oxygen level in your blood. When your oxygen level is low, you may feel tired or have shortness of breath, but you may not feel different at all. This can be dangerous. You should keep track of your oxygen level using a fingertip oxygen meter until you are feeling better. If your oxygen level drops, you should get medical help right away.

How do I use my fingertip oxygen meter?

Measure your oxygen level twice per day, in the morning and at night (or more often if instructed by your health care provider).

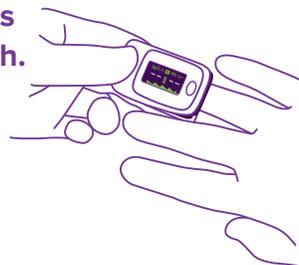
- 1 Make sure there are batteries inside and turn the device on.
- 2 Put your index finger (the finger next to your thumb) into the oxygen meter with your fingernail facing up.



- 3 Wait for the screen to show a number.



- 4 If the screen does not show a number, try another finger (not your thumb). Oxygen meters may not work on cold or wet fingers, or if your finger has nail polish.



- 5 Record your oxygen levels in the log provided.

Date	Time	SpO ₂
11/1/20	AM 8:30	99
	PM 6:00	99
11/2/20	AM 9:00	97
	PM 8:30	98
	AM	

- 6 Sign up for free daily text message support.



How do I read the numbers on the screen?

Your oxygen meter shows two numbers. The oxygen level is labeled SpO₂. The other number is your heart rate. For most people, a normal oxygen level is 95% or higher and a normal heart rate is generally below 100. Your oxygen levels and heart rate can change based on your activity, body position and overall health. Check with your health care provider if you have questions.



How should I clean my oxygen meter?

Wipe off all surfaces of the oxygen meter using a cloth, paper towel or cotton ball dampened with rubbing alcohol that contains at least 60% isopropyl. Do this after each use and before being used by others.



Can I use the fingertip oxygen meter on a child?

Oxygen meters are not recommended for children younger than 14 years old. Monitor your child's symptoms closely and call their health care provider if they look sick or develop a cough that worsens or difficulty breathing.

Should I inform my health care provider of my measured oxygen levels?

It is important to keep your health care provider informed about your health and your oxygen levels. Call or email your provider as directed. If you do not have a health care provider, call 844-NYC-4NYC (844-692-4692) to find one and request an appointment.

When should I seek medical help?

This table provides guidance on what the oxygen level number means and when and how to seek medical help.

Oxygen Level	Guidance
90% or less	This oxygen level is very concerning and may indicate a severe medical problem. Call 911 or go to your nearest emergency room immediately. You may need an urgent x-ray or heart test.
91% to 94%	This oxygen level is concerning and may indicate a medical problem. Call your health care provider immediately. If you do not have a health provider, you can get an urgent care evaluation by going to www.ExpressCare.nyc on your computer, smart phone, or tablet, or by calling 332-220-1337 if you do not have internet access. A doctor will evaluate you over the phone or by video. There will be no cost to you. You can also go to a nearby urgent care facility.
95% to 100%	This oxygen level is normal. Walk around for two minutes and measure your oxygen level again. If your oxygen level falls below 95%, follow the instructions above.



SIGN UP FOR FREE TEXT MESSAGE SUPPORT

You will be asked for your oxygen level readings and heart rate by text message, and receive tips and instructions based on your response. To sign up, **text "COVID" to 89888.**

Oxygen Level Log

Use this log to keep track of your oxygen levels. Ask your health care provider when you should stop monitoring.

Date	Time	Oxygen Level (SpO2)	Other Symptoms
	AM		
	PM		
	AM		
	PM		
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