

COVID-19: How to Monitor Your Oxygen Level

If you have tested positive for COVID-19 or are waiting for your test result, using a fingertip oxygen meter (also known as a pulse oximeter) is a fast and easy way to monitor the oxygen level in your blood.



What is a fingertip oxygen meter?

A fingertip oxygen meter is a quick, easy-to-use, painless and noninvasive device that uses light and a sensor to monitor the oxygen level in your blood.

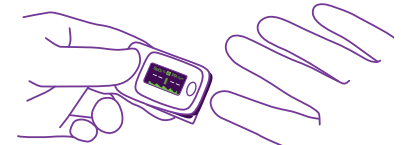
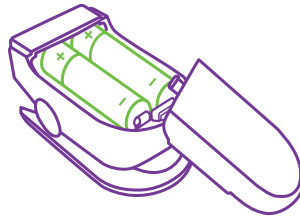
Why is it important to monitor my oxygen levels?

People can have COVID-19 and 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, have shortness of breath or not feel different at all, which can be dangerous. You should keep track of your oxygen level using a fingertip oxygen meter until you feel 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 (once in the morning and once at night, or more often if instructed to do so by your health care provider).

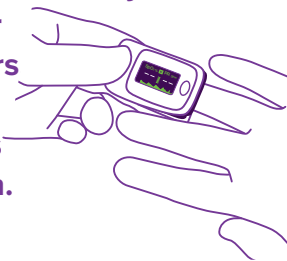
- 1 Make sure there are batteries inside and turn on the device.
- 2 Put your index finger (the finger next to your thumb) into the oxygen meter with your fingernail facing up.



- 3 Wait for the screen to show a number.



- 4 If the screen does not show a number, try any different finger except for 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	SpO2
11/1/20	8:30 a.m.	99
	6:00 p.m.	99
11/2/20	9:00 a.m.	97
	8:30 p.m.	98
	a.m.	

How do I read the numbers on the screen?

Your oxygen meter shows two numbers. Your 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. Speak with your 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 before and after each use.



Can I use my fingertip oxygen meter on a child?

Oxygen meters are not recommended for children younger than age 14. Monitor your child's symptoms closely and contact their provider if they are sick or develop a cough that worsens or have difficulty breathing.

Should I inform my provider about my measured oxygen levels?

It is important to keep your provider informed about your health and oxygen levels. Contact your provider as directed in Table 1, depending on your oxygen level readings. If you do not have a provider, call 844-NYC-4NYC (844-692-4692) to find one and request an appointment.

When should I seek medical help?

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

Table 1

Oxygen Level	Guidance
90% or less	This oxygen level is very concerning and may indicate a severe medical problem. Call 911 or go to the 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 provider immediately. If you do not have a provider, you can get an urgent care evaluation by visiting expresscare.nyc or calling 212-COVID19 (212-268-4319). A provider will evaluate you over the phone or by video at no cost. 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 in the applicable section above.

Important note: Oxygen meters can give incorrect results in people with darker skin. People with darker skin should speak with their provider if they have questions or concerns about their oxygen meter or oxygen level readings.

Oxygen Level Log

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

Date	Time	Oxygen Level (SpO2)	Other Symptoms
	a.m.		
	p.m.		
	a.m.		
	p.m.		
	a.m.		
	p.m.		
	a.m.		
	p.m.		
	a.m.		
	p.m.		
	a.m.		
	p.m.		
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