Using a pulse oximeter at home for persons tested positive for COVID-19

Pulse oximeter is a device that is put on the tip of finger to check your heart rate and your oxygen level. It is important to note the symptoms experienced by the person wearing the oximeter. The patient should seek medical advice at the Accident and Emergency Department if they experience shortness of breath or any warning signs irrespective of the SpO2 reading.

**Steps in using pulse oximeter and information to note**

1. Wash your hands before using the pulse oximeter. If your hand is not warm to touch, rest it on your chest for a few minutes.
2. Switch on the pulse oximeter.
3. Attach the pulse oximeter to your index or middle finger. Make sure the finger does not have any nail varnish or a false nail on it.
4. Read the displaying numbers when they stabilise and record the readings (oxygen saturation (SpO2) and the pulse rate).
5. Most people will read an SpO2 of 95% or above.
6. If it is 94% or below on two occasions (after taking a few breaths, and measure on a different finger), you have to seek medical attention as soon as possible.
7. If your reading is consistently 92% or below, please go to Accident and Emergency Department immediately.

**Medical support to COVID positive patients in the community**

- **Isolation Care Monitoring System:** You can register with the Isolation Care Monitoring System through the link in the SMS received to report severe symptoms.
- **Arrange an appointment at designated clinic:** The Hospital Authority (HA) has activated designated clinics for confirmed cases of COVID-19 to assist in providing diagnosis and treatment for people with positive test results, and are presenting with relatively mild symptoms of infection (e.g., fever, cough, sore throat) requiring medical advice. For further information, please visit: https://www.ha.org.hk/haho/ho/covid-19/designated_clinic_en.pdf
- **Call 1836115:** If you have enquiries on medical care, you may call the HA support hotline 1836115. Referral to doctor tele-consultation will be made if needed.
- **Consult your family doctor or private medical practitioners.**

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**Examples of warning signs include**

Persistent fever (> 38.5 °C) for more than 2 days despite fever-reducing medicine, hypothermia (≤ 35 °C), convulsion, new onset of difficulty breathing or shortness of breath, loss of speech or mobility, inability to wake or stay awake, pain or pressure in chest or abdomen, dizziness or confusion or marked change in mental status, weakness or unsteadiness, decreased or no movement of foetus (for pregnant women at ≥ 24 weeks of gestation), persistent inability to drink or eat, or diarrhoea / vomiting for more than 2 days

(^Please follow the medication instruction on intake of fever-reducing medicine and watch out for overdose.)

<table>
<thead>
<tr>
<th>SpO2 (%)</th>
<th>≤ 92</th>
<th>93</th>
<th>94</th>
<th>95</th>
<th>96</th>
<th>97</th>
<th>98</th>
<th>99</th>
<th>100</th>
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<tbody>
<tr>
<td><strong>Warning</strong></td>
<td>Please go to Accident and Emergency Department immediately</td>
<td>If it is 94% or below on two occasions, you have to seek medical attention as soon as possible</td>
<td>The normal range for most people</td>
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