

COVID Oximetry @home service

Your Health Care Professional has given you, or your carer, a pulse oximeter because you are waiting for, or have already tested positive for COVID-19. This leaflet tells you how and when to use it. COVID-19 symptoms can get worse over time. Measuring your blood oxygen level is the most accurate way of keeping an eye on your progress with COVID-19.

Please read this document and follow the instructions to use your pulse oximeter correctly. You should take measurements three times a day, and take extra measurements if you feel there has been a change in your health.

Please make sure the information in the table below and on the next page is easy to access. It tells you what to do if you experience abnormal readings or symptoms.

		What you should do
Blood oxygen level	95% and above	Continue monitoring and recording in the diary
	93% and 94%	Call 0300 303 4832.* They will ask for your heart rate and temperature**, and tell you what to do next.
	92% and below	Call 0300 303 4832.* They will ask for your heart rate and temperature**, and tell you what to do next.
Pulse	100 and above	Call 0300 303 4832.* They will ask for your blood oxygen level and temperature**, and tell you what to do next.

*Call charged at local rate

**Only if you already have a thermometer

If you feel well but your blood oxygen is below 95% or your pulse is over 100, rest for a further five minutes and repeat the measurement. If it is still below 95% or over 100 follow the instructions in the table above.

What to do if you experience the following symptoms

Ring 999 if:

- You are **unable to complete short sentences when resting** due to breathlessness.
- Your **breathing suddenly worsens** within an hour.
- **OR** if these more general signs of serious illness develop:
 - you have blue lips or a blue face
 - you feel cold and sweaty **with** pale or blotchy skin
 - you have a rash that does not fade when you roll a glass over it
 - you collapse or faint
 - you become agitated, confused or very drowsy.

If you need to access 999 using a text relay, call 18000



Ring 0300 303 4832 as soon as possible if:

- You gradually start feeling more unwell or more breathless.
- You have difficulty breathing when getting up to go to the toilet or similar.
- You sense that something is wrong or have developed new symptoms (general weakness, extreme tiredness, loss of appetite, reduced urine output, coughing up blood, and/or unable to care for yourself – simple tasks like washing and dressing or making food).



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1. What are the common symptoms of COVID-19?

The symptoms below are normal for people with COVID-19. You may not have all of these but still feel unwell:

- High temperature - you feel hot to touch on your chest and back. If you have access to a thermometer, this is a reading of 38 degrees celsius or higher
- Cough
- Muscle ache or tiredness
- Mild chest pain
- Dizziness or headache
- Loss of taste or sense of smell
- Diarrhoea and vomiting
- Rashes.

2. How can you support your recovery?

Most people recover from coronavirus within three weeks. You may have mild symptoms and feel unwell for a short time before slowly starting to feel better. Coronavirus can leave some people feeling unwell for a long time - this is known as long COVID. To help you recover, you may wish to try:

- Rest
- Paracetamol or ibuprofen
- Regular fluids

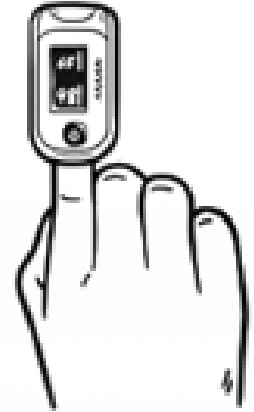
For further support on managing your symptoms at home and advice on your recovery visit: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment and www.yourcovidrecovery.nhs.uk.

3. What is a pulse oximeter?

A pulse oximeter measures the level of oxygen in your blood. It can also measure the speed your heart is beating (known as pulse).

An ideal blood oxygen level is between 95% and 100%.

An ideal heart rate (pulse) is between 50 and 90 beats per minute (bpm).



4. Before using the pulse oximeter

This pulse oximeter was cleaned before it was given to you. It is for your use only.

Keep it in the bag it came in. It needs to be in this bag when it is collected from you.

Every time before the pulse oximeter is used, you (and anyone helping you) must **WASH YOUR HANDS** in warm soapy water for at least 20 seconds.

- Once your hands are **DRY**, remove the device from the bag.
- Please do not clean inside the pulse oximeter - this risks damaging it.

5. Getting ready to record your results

We will call you to introduce you to the service and provide you with all the information you need. During this call, you will choose how you want the Pulse Oximetry team to see your blood oxygen levels and heart rate. This will allow them to support you if your readings become abnormal.

The Pulse Oximetry team will guide through every option. If you chose to record your results via text message, please follow the instructions you receive via text message. If you chose to record your results via the website, please follow the on screen instructions on the website. If you chose to record your results via the app, please follow the instructions below to set it up on your device.



Downloading the DocoboAPP™

1. Open the Google Play Store (for Android) *or* the App Store (for Apple/iOS) on your device.
2. Search the store for DocoboAPP™.
3. Select Install (Android) *or* Get (Apple/iOS) to download DocoboAPP™.
4. Once this has downloaded and installed, open DocoboAPP™ by tapping open or tapping on the app icon on your home screen.



Follow these instructions to register and use the app:

1. Android users should allow permissions and confirm region (UK). Apple/iOS users will be taken directly to step 2.
2. Follow the on screen instructions to enter the Server Code and a 10-digit Agreement Number into DocoboAPP™. This information will be given to you when we call you.
3. Confirm the Docobo Privacy Statement and the User Licence Agreement to proceed.

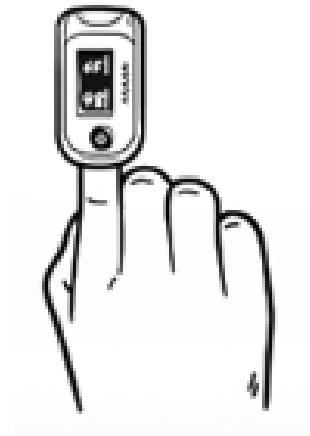
Support can be found by tapping the 'Information' icon and going to the Self-Help area. This includes contact details and advice.

6. How to use your pulse oximeter

It is important to use your pulse oximeter as instructed to get accurate readings.

Please follow the instructions below to use your pulse oximeter correctly:

1. Remove any nail polish or false nails (false nails or nail varnish can affect how the oximeter works).
2. Make sure you are sat down for at least five minutes before taking your measurement.
3. Warm your hand if it is cold.
4. Switch the pulse oximeter on and place it on your finger. It should be placed on your middle or index finger (see image on the right).
5. Rest your hand in the middle of your chest and hold still for at least one minute or longer if the reading keeps changing.
6. Write down the results once the reading has not changed for five seconds.
7. Be careful to write down which reading is your heart rate and which is your blood oxygen level.



Blood oxygen
level (SpO₂)

Heart rate
(pulse)

There are videos online to watch if you would like more help. Please see links on page 12 of this leaflet.

7. How to record your results

As well as reporting your readings to the Pulse Oximetry team, please record them on the paper diary at the end of this document. The paper diary will help any Health Care Professional who may need to visit you at your home.

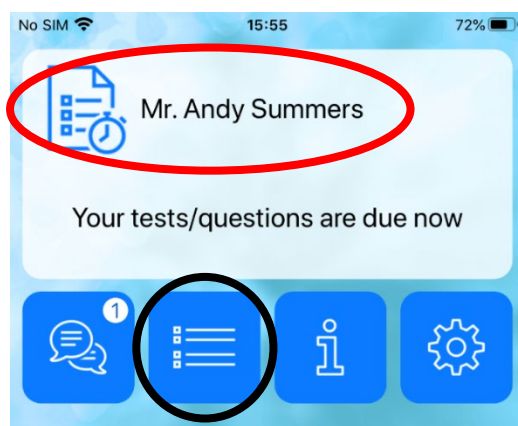
Please follow the instructions on the website or text message to report your readings to the Pulse Oximetry team. If you chose to record your results on the app, please open the App and follow the instructions below.

For android users:



To answer your scheduled questions, tap the green 'OK' button. To add your blood oxygen reading at anytime, tap the 'clock' icon.

For Apple users:

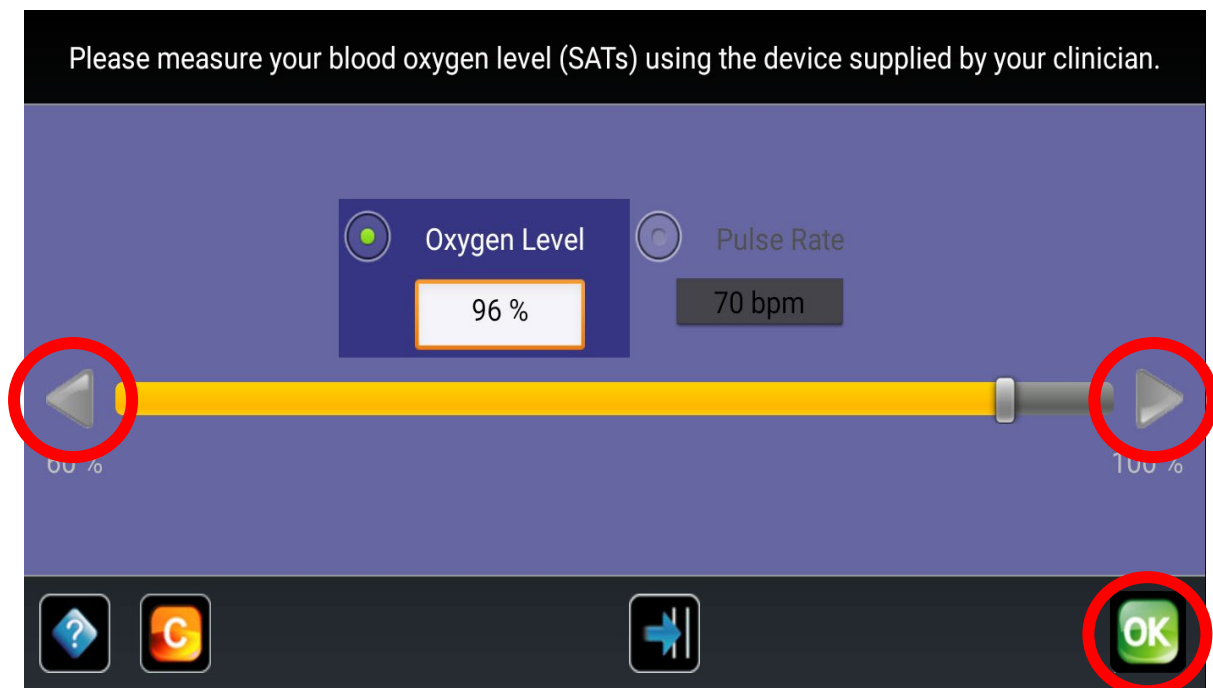


To answer your scheduled questions, tap the icon next to your name (circled in red in the image on the left). To add your blood oxygen reading at anytime, tap the icon with the four separate lines (circled in black in the image on the left).

Once opened, start answering the questions.

When asked for your blood oxygen level, connect the Pulse Oximeter to your finger and follow the instructions on page 7.

When your reading is ready, put it into the app. Do this by pressing the grey arrows at either end of the yellow bar (see image below). When your reading has been entered accurately, press the green OK button.



Take measurements three times a day, at roughly the same time each day – for example when you normally eat in the morning, at lunchtime and in the evening.

Take extra measurements if you feel there has been a change in your health. Please record in the diary if your breathing is better, worse or the same from the last time you took a reading.

8. What to do with your readings

Follow the instructions in the table below after you have recorded your readings. If you need to call the service number, they will tell you what to do next and what will happen.

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Ring 0300 303 4832 as soon as possible if:

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9. What to do if you experience the following symptoms

Ring 999 if:

- You are **unable to complete short sentences when resting** due to breathlessness.
- Your **breathing suddenly worsens** within an hour.
- **OR** if these more general signs of serious illness develop:
 - you have blue lips or a blue face
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10. How to return the pulse oximeter

Once you have been told to stop using the pulse oximeter, you will need to put it in the bag it came in ready for collection. A member of the Pulse Oximetry team will contact you to arrange collection of the pulse oximeter. They will give you instructions on how to do this.

11. Your privacy

Any personal data given to us as part of this service will be handled confidentiality. The information you send helps us to provide you with the best possible service.

Further information about how we use and manage personal data can be found on our website <https://www.localcaredirect.org/local-care-direct-privacy-notice-for-patients/>.

12. Links to videos on how to use a pulse oximeter

Here are some links to videos on how to use a pulse oximeter. If you have a paper copy of this leaflet you can type the web address into your internet browser.

English - [**https://bit.ly/3qUxaTs**](https://bit.ly/3qUxaTs)

Polski (Polish) - [**https://bit.ly/3ISxRsw**](https://bit.ly/3ISxRsw)

हिंदी (Hindi) - [**https://bit.ly/3ovb3B4**](https://bit.ly/3ovb3B4)

ਪੰਜਾਬੀ (Punjabi) - [**https://bit.ly/3mWj4hW**](https://bit.ly/3mWj4hW)

اُردُو (Urdu) - [**https://bit.ly/33Rr0cS**](https://bit.ly/33Rr0cS)



13. Your remote monitoring COVID-19 diary

First name: _____ Surname: _____

Date of birth: _____ Age: _____ NHS number (if known): _____

Live alone

Carer at home

Please record these three times a day

Days since first symptoms ★		Date	Heart rate (pulse)	Oxygen Level %	Temperature* (only if you have a thermometer)	Feeling: better/same/ worse	Breathing: better/same/ Worse
Day	Time						
						<i>First reading</i>	

★ That is, if you start recording pulse oximetry five days after your first symptoms started, record '5' under Day

* Record and fill in temperature if you have a thermometer



Days since first symptoms ★		Date	Heart rate (pulse)	Oxygen level %	Temperature* (only if you have a thermometer)	Feeling: better/ same/ worse	Breathing: better/ same/ worse
Day	Time						



Days since first symptoms ★		Date	Heart rate (pulse)	Oxygen level %	Temperature* (only if you have a thermometer)	Feeling: better/ same/ worse	Breathing: better/ same/ worse
Day	Time						



Days since first symptoms ★		Date	Heart rate (pulse)	Oxygen level %	Temperature* (only if you have a thermometer)	Feeling: better/ same/ worse	Breathing: better/ same/ worse
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