

Recording the results

Your first measurement is your baseline. Record this in the highlighted yellow area on *Page 5*.

An ideal blood oxygen level is between 95% and 99%. An ideal heart rate is between 50 and 90 beats per minute (bpm). *For readings outside of this range See Page 7 for further guidance.*

When should I record my results

- ◇ Take recordings three times a day, at 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 also record changes in how you are feeling and your breathing.
- ◇ Keep track of your temperature if you have a thermometer.

As long as your oxygen level and breathing are normal, you do not need to contact your GP/NHS 111

If you have a temperature or other symptoms, such as cough, muscle aches, tiredness and change in taste or smell. Paracetamol and regular fluids can help with these symptoms, and most people will get better by themselves within two to three weeks.

Please see the NHS website for information on self-isolation or how to access care.

COVID-19 Diary

★ Number of days after your first symptoms of COVID-19 e.g. If using oximeter on the 5th day after your symptoms started record '5' in the 'Day' column.

* Record and fill in temperature if you have a thermometer.

FIRSTNAME:	SURNAME:	
DATE OF BIRTH:	GP PRACTICE:	
LIVES ALONE:	CARER AT HOME:	CARERS DETAILS:

★ Days since first symptoms	Date	Spo2 (Oxygen)	PRbpm (Pulse)	Temperature *	Feeling: better/same/worse	Breathing: better/same/worse																
							Day	Time														
5	07/12/20	99	85	37.1																		
Baseline Reading																						

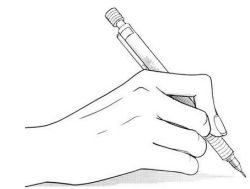
Breathing: better/same/ worse																			
Feeling: better/ same/ worse																			
Temperature*																			
PRbpm (Pulse)																			
Spo2 (Oxygen)																			
Date																			
Days since first symptoms ★	Time																		
	Day																		

8. The waves indicate that the reader is taking measurements.



9. Record the highest result once the reading has not changed for five seconds.
Page 5 – 6.

Be careful to identify which reading is your heart rate and which is your oxygen level.
(Example Below)



10. Contact your practice with your results and arrange to return the machine.

Further details on how to return the device is on *Page 8*



Recording the results

Results are displayed differently dependent on the way you hold the machine:

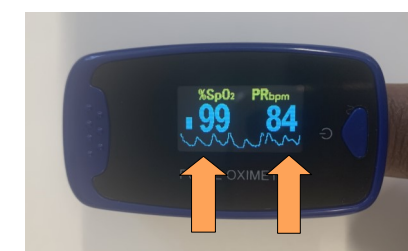
Portrait



Sp02 - Oxygen (Amount of oxygen in your system)

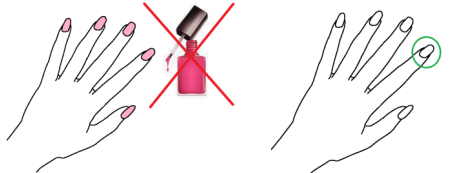



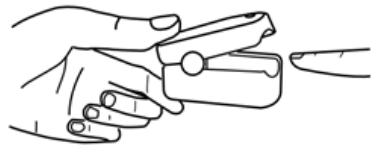

PRbpm — Pulse Rate (Beats per minute)

Landscape



Sp02 (Oxygen) PRbpm (Pulse)

How to use the oxygen reader

<p>1. Ensure that you have removed any nail polish/false nails from your index finger.</p>	
<p>2. Wash your hands: https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/</p>	
<p>3. Make sure you have been resting at least 5 minutes before taking your measurement and warm hands if cold.</p>	
<p>4. Turn the machine on.</p>	
<p>5. Place index finger inside of the reader.</p>	
<p>6. Rest your hand on your chest at heart level or put your hand on a flat surface and hold still.</p>	
<p>7. Keep the device on your finger and wait 60 seconds until the numbers on the screen settle.</p>	

Attend your nearest A&E or call 999 immediately if you have one or more of the following and tell the operator you may have coronavirus:

- You are **unable to complete short sentences when at rest** due to breathlessness.
- Your **breathing suddenly worsens** within an hour.
- Your blood oxygen level is 92% or less. Check your blood oxygen level again straight away – if it's still 92% or below, go to A&E immediately or call 999

OR if these more general signs of serious illness develop:

- you are coughing up blood
- you feel cold and sweaty with pale or blotchy skin
- you develop a rash that does not fade when you roll a drinking glass over it
- you collapse or faint
- you become agitated, confused or very drowsy
- you have stopped peeing or are peeing much less than usual.

Please give the oxygen saturation reading to the 999 operator.

Ring your GP or 111 as soon as possible if you have one or more of the following and tell the operator you may have coronavirus:

- You slowly start feeling **more unwell or more breathless**.
- You are having difficulty breathing when getting up to go to the toilet or similar.
- If you use a pulse oximeter, your blood oxygen level is 94% or 93% when sitting or lying down, and remains at this level after being rechecked within an hour.
- You sense that something is wrong (general weakness, extreme tiredness, loss of appetite, reduced urine output, unable to care for yourself – simple tasks like washing and dressing or making food).

If your blood oxygen level is usually below 95% but it drops below your normal level, call 111 or your GP surgery for advice.

Family and friends checking you are safe

It is important that someone checks on you regularly.

If you are isolating from other people in the same house as you, talking on your phone or through a doorway could be better than sending text messages. It will help them hear if you are becoming more breathless or unwell.

If you live alone, you should arrange to contact someone regularly. Ask them to ring you if you don't contact them as planned and ask them to seek

Returning the oxygen reader

Please return the diary along with the pulse oximeter so you can help the NHS learn how best to help other patients with COVID-19.

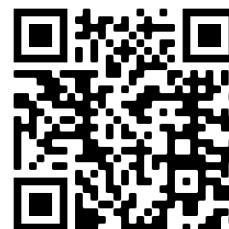
The oxygen reader must be returned in a sealed plastic bag provided so it can be safely cleaned and given to other patients. Your practice will provide details on when and how to return the device.

If you are shielding please ask a friend or volunteer to do this for you.

You are likely to have it for 14 days from the onset of your illness. We do see some patients who feel unwell again after the first week of symptoms, so please keep the oximeter until the full 14 days have passed.

Who can return the oxygen reader

- ◆ A non-household member without COVID symptoms.
- ◆ You or a household member as long as neither of you have COVID symptoms or nobody in your house is self-isolating in line with national



An easy guide about how to use a pulse oximeter

Your doctor has given you, or your carer, this diary and pulse oximeter because you have symptoms of COVID-19.

What is a pulse oximeter

A pulse oximeter also known as an oxygen reader is a small, lightweight device used to monitor how fast your heart is beating and the level of oxygen in your blood.

Blood oxygen level is the most accurate way of keeping an eye on your progress with COVID-19.

The reader attaches painlessly to your fingertip, sending two wavelengths of light through the finger to measure your pulse rate and how much oxygen is in your system.

What do I do next

Instructions on how to use the oxygen reader is on *Page 2 - 4*. It is important that you follow the instructions. Please contact your clinician for clarification at any point if needed.