How to use your monitoring equipment
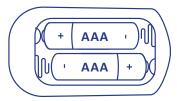
covid care at home +

Delivered by a joint venture between ✝ Calvary | medibank

You have been sent monitoring equipment so that we can keep track of your symptoms and support your recovery.
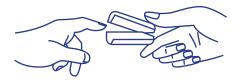
Fingertip Oximeter

This device measures your pulse and oxygen levels.

1. Insert two AAA size batteries into the battery compartment and replace the cover.

2. Press open the Oximeter and place your index finger inside the rubber cushions and then release to clip the finger.

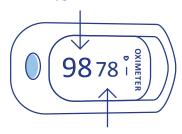**3.** The device will power on automatically within 2 seconds. You will see the display light up.

4. Rest your hand on your chest at heart level and hold still.

The oximeter will detect your pulse after a few seconds and will show your blood oxygen level and pulse rate on the device display.

The reading does take time to steady. Keep the pulse oximeter in place for at least a minute, or longer, until the result has not changed for five seconds.

Oxygen Level

Heart Rate

5. Once the reading has not changed for five seconds, record the result.

Remove your finger from the device. It will turn off automatically.

Tips to get an accurate reading with your fingertip oximeter

Cold hands, movement, dirt on the sensor and/or nail polish can produce an inaccurate reading. If you are having problems with your readings, then here are some tips to help you get a more accurate reading.

1. Remove any nail polish and warm your hand

2. Make sure you have been resting for at least five minutes before taking your reading

3. Be careful to identify which reading is your heart rate and which is your oxygen level.

COVID Care at Home
is delivered in partnership with the
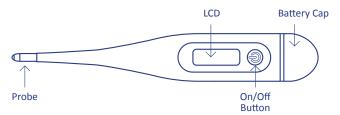Department of Health (WA).

Government of Western Australia
Department of **Health**

Thermometer

This device measures your temperature.

1. Press the On/Off button to turn on the thermometer (you will hear a tone as the screen turns on).

LCD

Battery Cap

Probe

On/Off Button

2. Place the Thermometer into either your mouth or in your armpit.

   - Mouth – Place Thermometer under your tongue and close your mouth. Breathe evenly through your nose.

   - Armpit – Wipe your armpit dry. Place Thermometer in your armpit and keep your arm pressed firmly to your side.

3. The degree sign will flash throughout the testing process. When flashing stops you will hear a beep for approximately 10 seconds. Your temperature reading will appear on the LCD screen.

   To get the most accurate reading, we recommend keeping the Thermometer in place for 2mins if placed in your mouth or 5mins if placed in your thearmpit – even if the device has already beeped.

4. Remove the device from your mouth or armpit and record your results.

   To prolong battery life, press the button to turn unit off after testing is complete. If no action is taken, the unit will automatically shut off after around 10 minutes.

What are 'normal' readings?

A pulse rate between 50 - 110 is considered acceptable. Readings outside this range may require medical review depending on your symptoms and underlying health conditions.

An oxygen level 95% or higher is considered acceptable. Levels below this may require medical review depending on your symptoms and underlying health conditions.

A temperature under 37.5 is considered normal, between 37.5 and 38.5 is mildly elevated, and above 38.5 is considered high.

If you have readings outside these ranges AND you feel unwell please call the COVID Care at Home team on the number below.

If you feel well, repeat the readings in 15 minutes and if they are still outside the range, please call the COVID Care at Home team.

Normal blood oxygen for most people

If you continue to record blood oxygen levels in this range after 15 minutes, please contact the COVID Care at Home team on 1800 317 375

If you continue to record blood oxygen levels of 92% or less call 000 immediately or go to your nearest emergency department within an hour.

| 100 | 99 | 98 | 97 | 96 | 95 | 94 | 93 | 92 | 91 | 90 or less |

Any questions? We're here to support you.
Call 1800 367 277
www.covidcareathome.com.au

covid + care at home