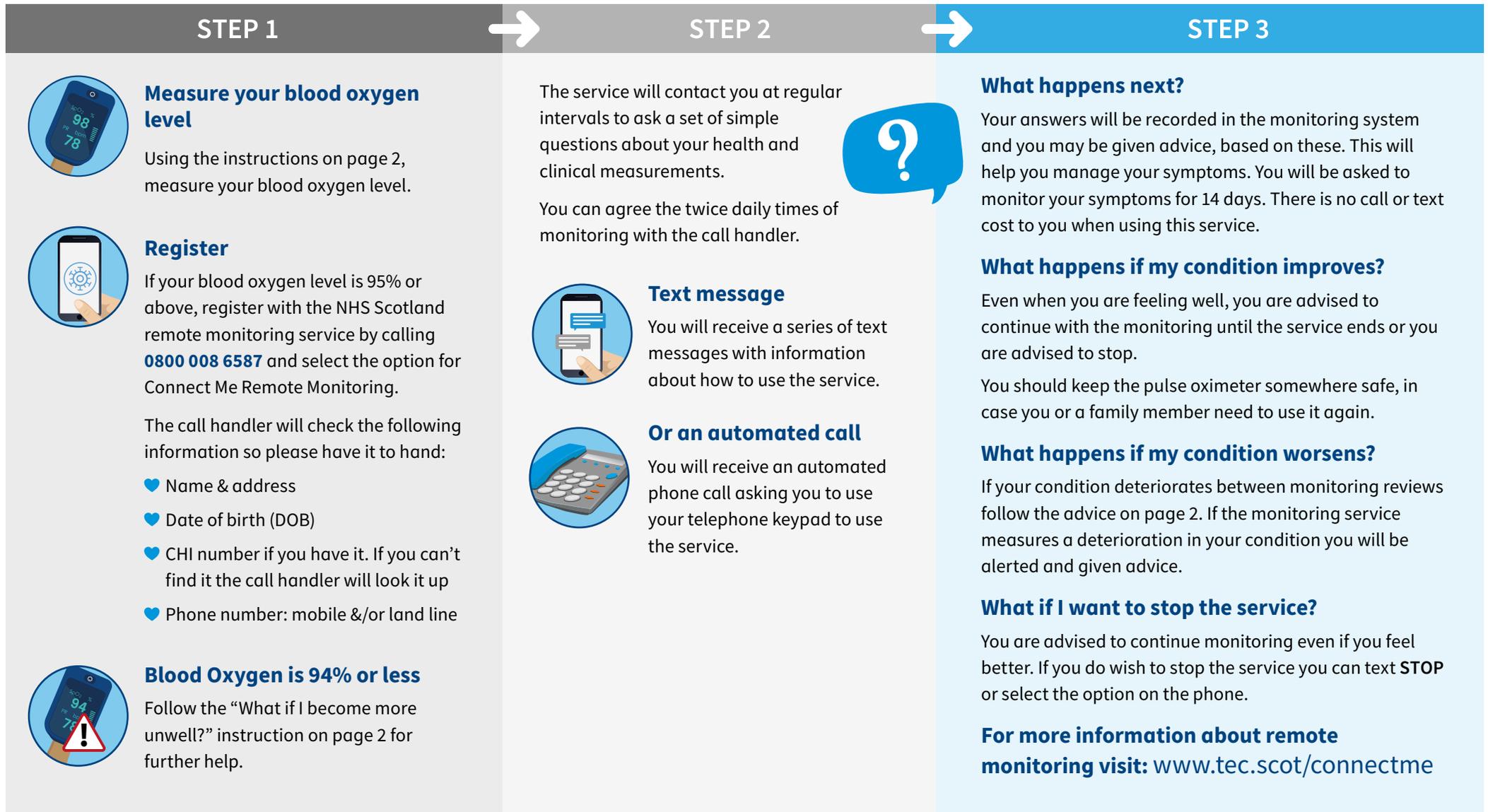


Registering with the NHS Scotland remote monitoring service can help you manage your covid symptoms at home. The service will automatically contact you at agreed intervals to ask about your health. This is a FREE service by text message or telephone call.



STEP 1



Measure your blood oxygen level

Using the instructions on page 2, measure your blood oxygen level.



Register

If your blood oxygen level is 95% or above, register with the NHS Scotland remote monitoring service by calling **0800 008 6587** and select the option for Connect Me Remote Monitoring.

The call handler will check the following information so please have it to hand:

- ♥ Name & address
- ♥ Date of birth (DOB)
- ♥ CHI number if you have it. If you can't find it the call handler will look it up
- ♥ Phone number: mobile &/or land line



Blood Oxygen is 94% or less

Follow the "What if I become more unwell?" instruction on page 2 for further help.

STEP 2

The service will contact you at regular intervals to ask a set of simple questions about your health and clinical measurements.

You can agree the twice daily times of monitoring with the call handler.



Text message

You will receive a series of text messages with information about how to use the service.



Or an automated call

You will receive an automated phone call asking you to use your telephone keypad to use the service.

STEP 3

What happens next?

Your answers will be recorded in the monitoring system and you may be given advice, based on these. This will help you manage your symptoms. You will be asked to monitor your symptoms for 14 days. There is no call or text cost to you when using this service.

What happens if my condition improves?

Even when you are feeling well, you are advised to continue with the monitoring until the service ends or you are advised to stop.

You should keep the pulse oximeter somewhere safe, in case you or a family member need to use it again.

What happens if my condition worsens?

If your condition deteriorates between monitoring reviews follow the advice on page 2. If the monitoring service measures a deterioration in your condition you will be alerted and given advice.

What if I want to stop the service?

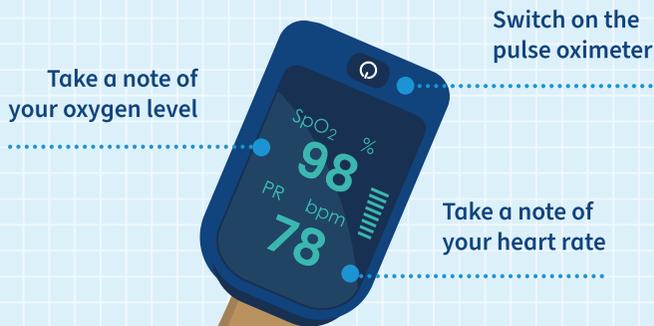
You are advised to continue monitoring even if you feel better. If you do wish to stop the service you can text **STOP** or select the option on the phone.

For more information about remote monitoring visit: www.tec.scot/connectme

What information will I need to report?

We know that monitoring your blood oxygen level is the most accurate way of keeping an eye on your progress when you have symptoms of COVID-19. To do this, you will be provided with a device called a **pulse oximeter** to take blood oxygen readings. It also measures your pulse rate.

This is a medical device that attaches painlessly to a clean finger and which measures your blood oxygen levels. We would expect your oxygen saturations to be at 95% or above when sitting. An ideal heart rate is between 50 and 90 beats per minute (bpm).



Pulse oximeter instructions for use

Cold hands, movement, dirt on the sensor, and nail varnish can produce an inaccurate reading, so please follow these instructions:

- ♥ Remove any nail polish or false nails and warm your hand if cold.
- ♥ Make sure you have been resting for at least five minutes before taking your measurement.
- ♥ Your hand should be resting on a flat surface such as a table or pillow at the level of your heart.
- ♥ Switch on the pulse oximeter and place it on your finger. It works best on your middle or index finger (shown in the diagram). It should not be used on your ear.
- ♥ Keep the pulse oximeter in place for at least a minute, or longer, until the result has not changed for five seconds. Note both your oxygen level and heart rate.
- ♥ Keep your monitor on if you are asked and take your oxygen reading again following either sit to stand or walking for one minute.



What if I become more unwell?

People with COVID-19 can occasionally become unwell very quickly. If this happens to you, you should not wait to seek help.

Before calling either 999 or 111, please check your oxygen level, temperature and pulse rate.



Call 999

- ♥ If you are so breathless you are having difficulty speaking
- ♥ If you have severe central chest pain



Go to your local Emergency Department or call 999

- ♥ If your blood oxygen level is 93% or less



Contact your local GP, Midwife or other clinician as directed. Or call 111 and select COVID call option

- ♥ If the digital monitoring service prompts you or you are concerned about your symptoms
- ♥ You have palpitations (very fast heart rate) or your pulse rate after resting for at least 5 minutes is higher than 100 bpm
- ♥ Your temperature is 39 degrees or higher OR your temperature has been 38 degrees or more for more than 5 days
- ♥ You don't have a thermometer and you are very hot with chills or shakes for more than 5 days
- ♥ You, or someone who looks after you, has noticed that you are more confused
- ♥ You are very pale or clammy



Digital Health
& Care Scotland

Connect
Me