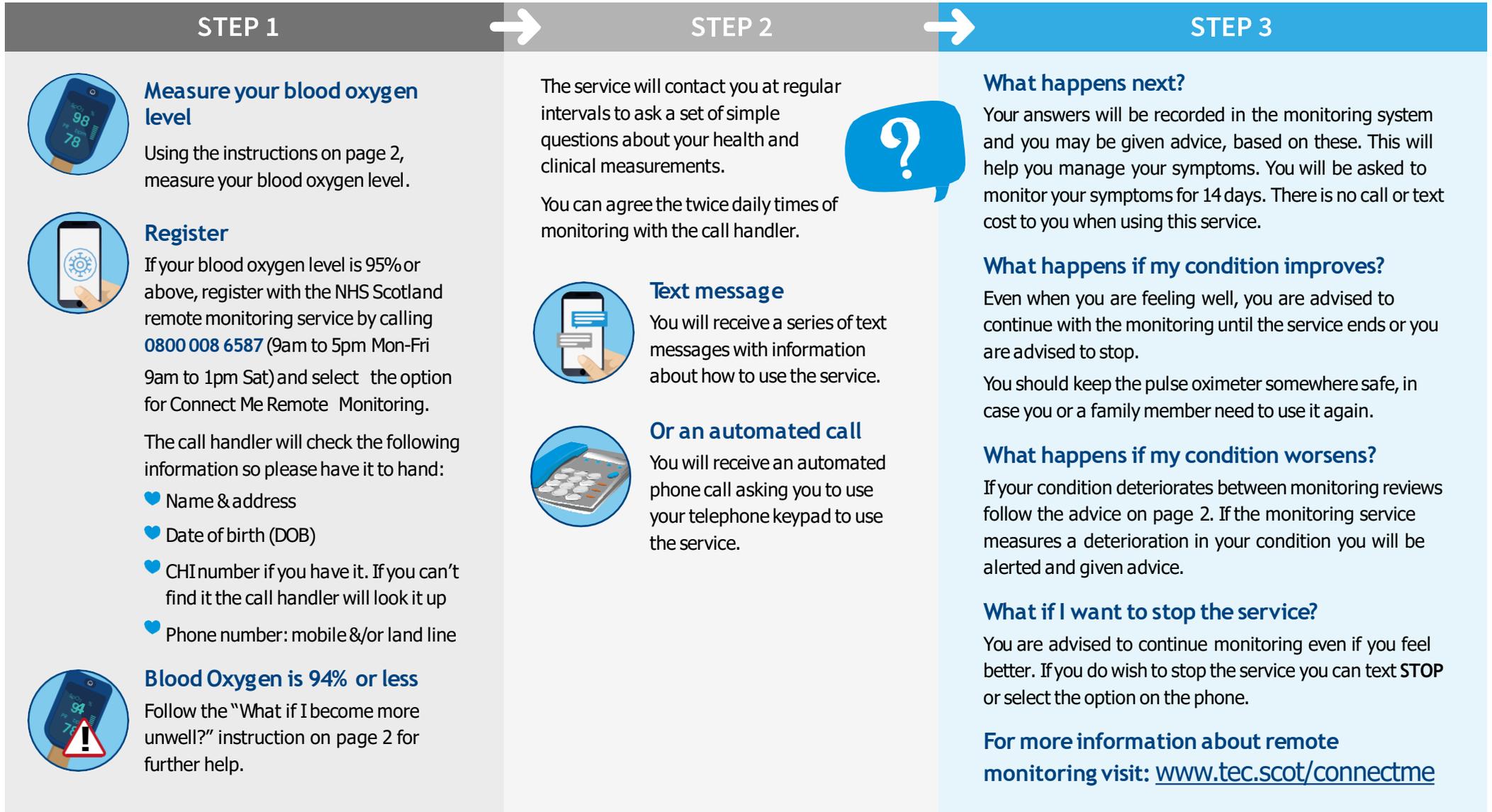


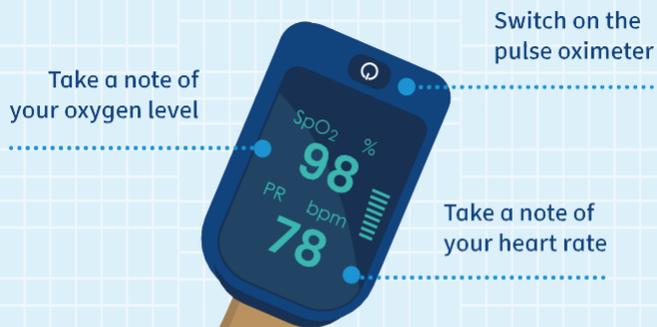
Registering with the NHS Scotland remote monitoring service can help you manage your covid symptoms at home. The service will automatically contact you at agreed intervals to ask about your health. This is a FREE service by text message or telephone call.



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 your local GP, Midwife or other clinician, 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

- ♥ 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



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