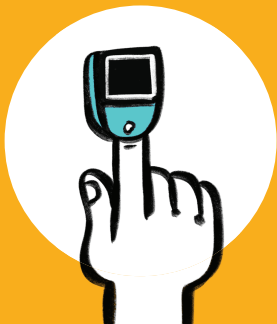# How do I use a pulse oximeter?

Pulse oximeter is a small device like a cloth clip and **measures heart rate and oxygen** in the blood.

A reading between **96-100 is normal.**

Steps for use:

1. **Clean the oximeter** with cotton swab and antiseptic solution.

2. **Wash and dry your hands.** Avoid using over nailpolish or mehendi.

3. Rub your **hands** to make them **warm.**

4. Sit comfortably and rest for 5 minutes.

5. Switch it on. Place the oximeter on your **index or middle finger.** Keep your arm at chest level and be still.

6. **Oxygen level (big letters) and heart rate (smaller letters)** will be displayed on the screen.

7. **Clean** the oximeter and then store it.

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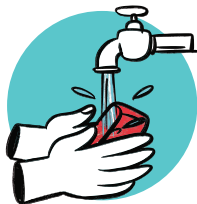
If you have no symptoms or mild symptoms, **check the oxygen levels thrice a day.** Write it down in a notebook.

- **A lower oxygen level, even on repeated checks, indicates need for oxygen.**
- **Below 96, be alert** and continue checking. Lie down on your stomach **(proning).**
- **Between 91-93,** go to a facility **with oxygen**. It may be a COVID centre near you.
- **90 or below,** you need **hospitalization**

If pulse oximeter is **not available**

- If patient has breathlessness while doing simple activities like walking, **there is mild breathing difficulty.**
- If patient has breathlessness while at rest or cannot complete a full sentence at a time, **there is severe breathing difficulty.**

It is important to know where to go for help. So these are few **helplines numbers** that you can keep with you:

The national helpline is 1075.

To talk to a doctor:

E sanjeevini : **+91-11-23978046**

Free counselling support : **1800-599-0019**