**MONITORING YOUR OXYGEN LEVEL FOR POSSIBLE COVID-19 INFECTION**

Dear Patient

Your symptoms suggest you may have COVID-19 infection. Most people can cope with this infection, but some may become seriously unwell.

No-one can predict who will become seriously unwell but it is known that most often deterioration happens towards or during the second week of the illness. Therefore, the COVID Oximetry@home Virtual Ward Team will monitor you over the next 14 days (or longer if you are not improving) to ensure you remain safe.

The COVID Oximetry@home Virtual Ward Team have provided you with this pack which contains information about what to do if your symptoms change, along with a small device called a ‘Pulse oximeter’ to take your oxygen levels and pulse rate.

**Pulse Oximeter**

This device is for adult use only.

How to take your pulse and oxygen levels:

* + Sit down
  + Remove nail varnish or false nails
  + Switch the device on
  + Open the device and insert your finger
  + Ensure the soft part of your finger tip is over the red light inside the mouth of the device
  + Bend your finger so that the monitor is in the palm of your hand (**see picture**)
  + Wait 30 seconds to make sure it is reading correctly
  + Record the two numbers when you are sitting down

**Daily monitoring:**

You or your carer will need to take the following readings 3 times per day at approx. 8am, 12pm & 5pm and take action as necessary\*.

* Your oxygen levels (using Pulse Oximeter)
* Your pulse rate (using Pulse Oximeter)
* Temperature (Using own thermometer if you have one, don’t worry if you haven’t gone one)
* Are you feeling? Better/same/worse
* How is your breathing? Better/same/worse

Log your results onto the “Remote monitoring of COVID-19 diary”

The COVID Oximetry@home Virtual Ward Team will text/call you daily to ask for your readings.

**\*What to do if you experience the following symptoms;**

**Contact either COVID Oximetry@home Virtual Ward Team on 07881359254, NHS111 or your GP if you have one or more of the following symptoms and tell the operator you may have coronavirus:**

* Feeling breathless or difficulty breathing especially when moving around
* Severe muscle aches or tiredness
* Shivers or shakes
* Your oxygen levels are 93 or 94% or are less than your normal blood oxygen level
* You feel something is wrong or you feel much worse than yesterday

**Attend A&E within an hour or call 999 if you have one or more of the following symptoms and tell the operator you may have coronavirus:**

* Your oxygen levels are 92% or less
* You are too breathless to complete short sentences
* Your breathing has suddenly got worse
* You feel cold and sweaty with blotchy or pale skin or a rash than does not fade when a glass is rolled over it
* You have collapsed or fainted
* You are very drowsy
* You are feeling confused or agitated
* You have stopped passing urine or are passing far less

**At the end of the 14 day period**

The COVID Oximetry@home Virtual Ward doctor will review your progress and will decide to continue to monitor you or discharge you from the COVID Oximetry@home Virtual Ward.

Once you are discharged the COVID Oximetry@home Virtual Ward team will arrange to collect the Pulse Oximeter monitor from you or arrange a drop off point. The Pulse oximeter will be decontaminated and used to monitor other patients in the COVID Oximetry@home Virtual Ward. The equipment is NHS property and will be used to monitor the health and wellbeing of other patients in the same situation.

If you have any further questions after reading this document please contact the COVID Oximetry@home Virtual Ward team on **07881359254.**

THANK YOU