

How to use your COVID Home Monitoring Kit

Your IUIH COVID Home Monitoring Kit includes:

- Thermometer – to take your temperature
- Pulse Oximeter – this measures two things:
 - It measures how much oxygen is in your blood - your “oxygen saturation” or “SpO2”
 - It also measures your heart rate

Everyone is different – and “normal” oxygen levels might also be different from one person to the next. When your Home Monitoring Kit arrives and before you use it for the first time, check in with your COVID Care Team (GP or nurse who is checking in on you regularly for your COVID Care) who will confirm with you what usual readings for you should look like, when to contact your Care Team, and when to call 000 for emergency care.

How to use the Pulse Oximeter

The Pulse Oximeter looks like this >
It has 2x AAA batteries in the back to make it work and it clips onto your finger and shines a light beam through the skin to take its measurements.



To make sure you get good readings:

1. Clean any nail polish off the fingernail – it won't read well through false nails or polish
2. Clean and dry the finger
3. Give your finger a rub and make sure it's a little bit warm before putting the Pulse Oximeter
4. Sit upright if you can while you are using the Pulse Oximeter

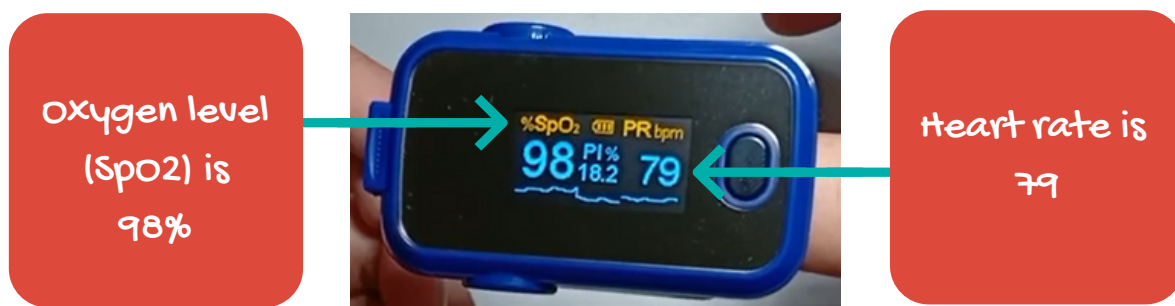
Please note that these devices are designed for adult and teenage fingers. Popping them onto younger children's little fingers might result in dodgy readings and cause lots of anxiety – please talk to your care team if you have any worries about COVID and children in your house.



How to use your COVID Home Monitoring Kit

Now you're ready to go.

- Press the start button – this is the little button on top of the device
- Clip the device onto your finger, with your palm facing towards the floor, fingernail facing upwards. The screen on the Pulse Oximeter should also be facing upwards so you can read it
- Relax if you can – and breathe normally
- Wait about a minute for the readings to settle before you make a note of them
- Write down the Oxygen Level. Your GP might also ask you write down the heart rate



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My COVID Care Plan – Checking my Numbers

Your COVID Care Team will help you fill in the details below:

1. Use your [Caring for COVID in the Community – DAILY SYMPTOM DIARY](#) to record how you are feeling and if you have any symptoms – if you need a copy, contact your Care Team or Mob Link (1800 254 354)

2. Checking my Numbers

o Each day, I will check and record my temperature and oxygen level (tick which ones):

- Morning when I wake up
- Around middle of the day
- Evening / before bed

o AND I will also check these any time I am feeling worse

3. When do I need to get some advice / help?

o I will call my COVID Care Team, Mob Link or 13HEALTH if:

- Temperature: _____
- Oxygen level: _____

o or if I'm a little bit worried or have questions about anything

I will call 000 if:

- Temperature: _____
- Oxygen level: _____

OR – if I have any of the red flag symptoms (see [COVID Care in the Community booklet](#))

