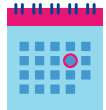# Stay Safe:
# Use a Fingertip Oxygen Meter

## What is a fingertip oxygen meter?

A fingertip oxygen meter is a small device that measures the oxygen levels in your blood. It can be very helpful when you isolate because of COVID-19. COVID-19 can cause an infection in your lungs, which can lower the oxygen levels in your blood before you know it. This can be dangerous.

You can keep track of your oxygen levels using a fingertip oxygen meter every day. If your oxygen levels drop, you should seek medical help right away.

## How do I use my fingertip oxygen meter?

Turn the device on. Put your index finger halfway into the oxygen meter. Wait for the screen to show a number.

**If the screen does not show a number**, try another finger (not your thumb). Make sure your finger is not wet or cold. Oxygen meters may not work on cold or wet fingers, or with nail polish.

## Can I use the fingertip oxygen meter on my children?

We do not recommend using the fingertip oxygen meter on children younger than 14 years old. Watch your children closely and call the doctor if they look ill, or if their breathing gets worse (like cough, shortness of breath, or trouble breathing).

## How do I read the numbers on the screen?

Your oxygen meter shows two numbers: For most people, a normal oxygen level is **over 94%**. Your oxygen levels can change based on your activity, body position, and overallhealth.

**Call 911 if your oxygen level is** *below 90%.*

97 — OXYGEN LEVEL

72 — HEART RATE

## Tips to monitor your oxygen level during isolation

For your safety, we recommend that you measure your oxygen levels every day.

**Monitor with your regular doctor:** If you have a regular primary care doctor who can get daily calls or emails, send your oxygen levels to them. If you do not have a regular primary care doctor and want one, call 1-844-NYC-4NYC (1-844-692-4692) to make an appointment.

**NYC HEALTH+ HOSPITALS** | **Test & Trace Corps**