



Blood oxygen and pulse oximeters

Oxygen level in the blood (the oxygen saturation) can be measured by using a pulse oximeter, a small device that you attach to your finger to take a reading. For more information on how to use a pulse oximeter please visit

<https://youtu.be/ifnYjD4IKus>. Even if you do not feel breathless, your oxygen levels may be low. If you have a pulse oximeter and your blood oxygen level becomes lower follow the guidance in this leaflet on where to seek advice.



100	99	98	97	96	95	94	93	92	91	90 or less
Normal blood oxygen level for most people – stay at home and continue to check your blood oxygen level regularly.						If you continue to record these blood oxygen levels contact NHS 111 or your GP as soon as possible.		If you continue to record blood oxygen levels of 92% or less attend your nearest A&E immediately or call 999.		

It is important to seek help if you feel more unwell with any of the above symptoms. If your condition worsens, do not wait but act immediately.