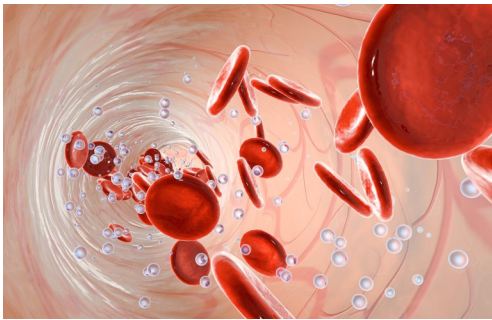


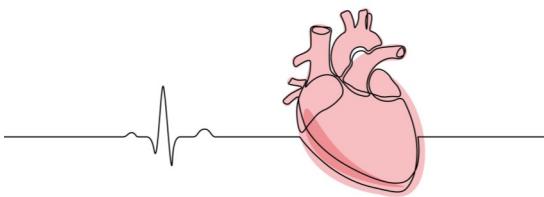
## Oxygen Readers (Oximeter)



This is an Pulse Oximeter.



It tells you how much oxygen is in your blood.



It also tells you how fast your heart is beating.



By knowing what your oxygen levels and heart rate are when you're feeling well, can help people know when you're feeling poorly.

## How to use an Oximeter



Take off any nail polish or false nails before you use an oximeter.



Press the button to turn the oximeter on.

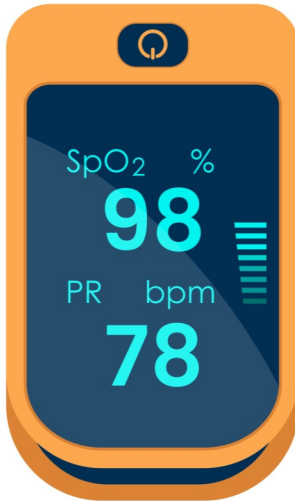


Put your finger inside the oximeter and rest your hand on your lap or on a table.



Keep the oximeter on your finger for 30 seconds.  
The numbers will stop changing.

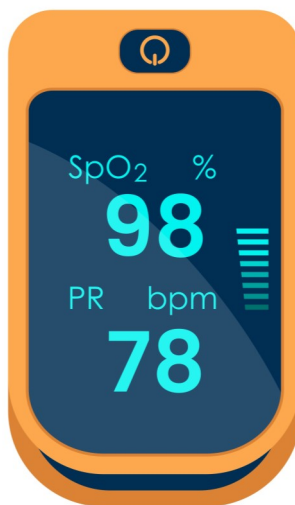
## How to read an Oximeter



**SpO<sub>2</sub>:** This tells you how much oxygen is in your body. It should be between 95% - 100% when you're resting.

If the number is 94 or 93, you should check it again after 10 minutes. If it stays the same, you should call your doctor or NHS 111.

If the number is 92, 91, 90 or less, you should call 999.



**BPM:** This tells you how fast your heart is beating. It should be between 60 - 100 when you're resting.

If the number is higher than 100 when you're resting, check it again after 10 minutes. If it is still higher than 100, you should call your doctor or 111 for help.



If you don't feel well and your oxygen levels are under 94%, you should call 111 for help.

If you are finding it hard to breathe and your oxygen levels are under 93%, you should call 999.