

# SCAN ME FOR IMPORTANT COVID-19 HEALTH ADVICE

 <p><i>YouTube Video Subtitles will translate</i></p>	<p>How to use a Pulse Oximeter - NHS Videos in different languages</p> <p>Please click below to play an NHS video either spoken or subtitled explaining how to use a pulse oximeter to monitor COVID-19.</p> <table border="1"> <tr> <td>ਪੰਜਾਬੀ Punjabi</td> <td>عربي Arabic</td> <td>اردو Urdu</td> </tr> <tr> <td>বাংলা Bangla</td> <td>हिन्दी Hindi</td> <td>Português Portuguese</td> </tr> <tr> <td>नेपाली Nepali</td> <td>ગુજરાતી Gujarati</td> <td>Polskie Polish</td> </tr> </table>	ਪੰਜਾਬੀ Punjabi	عربي Arabic	اردو Urdu	বাংলা Bangla	हिन्दी Hindi	Português Portuguese	नेपाली Nepali	ગુજરાતી Gujarati	Polskie Polish	<p><b>Pulse Oximeters explained, how to read, manage COVID-19, and when to call NHS 999 / 111</b></p> <p><b>What is a pulse oximeter?</b>          A pulse oximeter checks how much oxygen is in your blood - it's that simple. A digital thermometer can go in your ear, but a pulse oximeter fits over your finger. It shines light through your finger to measure oxygen levels and shows you two numbers - blood oxygen and pulse rate. If you would just like to buy a pulse oximeter scroll down to go straight to our recommended picks, they have clear 'CE' clinical safety marking, and they have numerous positive reviews on Amazon.</p> <p>Above all, please download, print and keep handy this NHS leaflet for on what to do if you catch COVID-19 and need to self-isolate, which includes how to use your own pulse-oximeter, and how to interpret the readings to decide whether to call for help.</p>  <p><b>Use a Pulse Oximeter to manage COVID-19 safely, and guard against silent hypoxia</b>          Up until recently, pulse oximeters would only be chosen by patients with long-term lung problems, e.g. COPD, and would have been used with clinical supervision. However, COVID-19 can sometimes cause oxygen levels in your blood to drop quickly without you noticing. You may not feel breathless, or horribly ill, but actually be in serious trouble, due to something called 'silent hypoxia'. If you catch COVID, knowing your reading for 'what's normal for you', and then giving a reading for right-now can be a real help to your GP or any other doctor trying to assess you over the phone, and can help them decide what's best for you - whether that's remaining at home, or going to hospital.</p>
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<https://www.digitalhealthcoachuk.net/pulse-oximeters>

<https://youtu.be/ldgGIOe5q9Q>