

INTENSIVE HOME MONITORING USING, CLEANING AND RETURNING OXIMETER

PROGRAM OVERVIEW

Welcome to the Intensive Home Monitoring (IHM) program. This program uses innovative virtual care technologies to help support people experiencing mild to moderate COVID-19 symptoms. Each day, you will complete a brief questionnaire designed to help the monitoring nurse assess your symptoms, as well as reporting your temperature and oxygen saturation. The monitoring nurses track your responses 8:00 AM to 6:00 PM, seven days a week.

This guide has been prepared to help you get familiar with the oximeter, including instructions for using and returning the device.

EMERGENCY CARE

Please note that Intensive Home Monitoring is not an emergency service. If you are experiencing an urgent health concern, or if your oxygen saturation drops below 93%, please call 9-1-1 or go to your nearest Emergency Department.

HOW TO USE THE OXIMETER

- 1 When prompted during an Interview to measure your oxygen saturation
- 2 Warm up your hand and fingers
- 3 Take the Pulse oximeter and pinch the end to open it
- 4 Place it on your finger and wait for the measurements to display



IMPORTANT NOTE: Please do not sterilize, autoclave or immerse the oximeter in liquid of any kind. Also do not pour or spray any liquids onto the oximeter. Do not allow others to use the oximeter or children to play with it.

RETURNING THE OXIMETER

Once your health care team has determined that you are ready to be discharged from Intensive Home Monitoring, you will be asked to return the oximeter to Island Health. Please follow the steps below:

1. Collect the cleaning and return supplies, as well as the oximeter.
2. Clean your hands thoroughly for at least 20 seconds with soap and warm water.
3. Use the first CaviWipe wipe to thoroughly clean off all of the oximeter's surfaces, including the interior where your finger would have come into contact with when measuring.
4. Repeat with the second CaviWipe, thoroughly cleaning the entire oximeter. Let the oximeter dry for at least 3 minutes. The wipe kills bacteria and viruses after three minutes of being on the surface.
5. Place the oximeter in the plastic bag and ensure that it is completely sealed.
6. TELUS will arrange for a courier to pick up the oximeter from you. You can leave the oximeter in the bag outside your front door when the courier is coming so that you can maintain social distancing.