



**Call 911 or Go to the
Nearest Emergency
Department Right Away
if you have:**

- trouble breathing that does not get better when you rest
- new chest pain or chest pain that is getting worse
- severe difficulty breathing
- sudden confusion
- need for immediate medical attention.
- SpO₂ lower than 85%



**NOTE: Do this at any
time — even if your
SpO₂ number looks
okay**

**For 24 hour professional
health advice and
information, call:**



In Hospital:

- A Primary Health Care Nurse Navigator brings you an oxygen saturation (SpO₂) monitor and teaches you how to use it before leaving the hospital.
- The Nurse Navigator provides inhaler education (if applicable) and provides you with community resources to support you at home.
- Home oxygen is arranged by your hospital discharge team.
- SAIL and/or acute care provides you with education on how to use home oxygen.

Oxygen Company Name: _____ **Phone #:** _____

At Home:

- The community team member phones you within 24 hours of discharge and arranges a home visit.
- An initial home visit is completed within 24 to 48 hours of discharge.
- The community team asks you questions about your symptoms and assists you with weaning oxygen therapy and follows you continuously while you are on oxygen
- It is important that you **DO NOT** adjust your oxygen settings unless your healthcare team tells you to

****This is a general guide, and it may not apply to you in all situations****

When Checking Your SpO ₂ (Oxygen Level)	Action you should take
SpO ₂ 90% or greater AND you are experiencing minor changes or you have new symptoms	Call Intermediate Care Services (ICS) 306-766-6280, Option 1 (open from 8:00 a.m. to 8:00 p.m.) From 8:00 p.m. to 8:00 a.m. (overnight) Call 811
SpO ₂ 86% to 89% AND are not experiencing new or changed symptoms	Call Intermediate Care Services (ICS) 306-766-6280, Option 1 (open from 8:00 a.m. to 8:00 p.m.) From 8:00 pm to 8:00 a.m. (overnight) Call 811
SpO ₂ 86% to 89% AND experiencing symptoms	Call HealthLine 811
Lower than 85%	Call 911 or go to the nearest Emergency Department

**If you have more concerns or questions, call Intermediate Care Services at 306-766-6280.
If after 8pm, call 811 or 911**

