

# Pulse Oximetry

[illegible]

## Guidance and reference

- A healthy person's oxygen saturation level at rest typically ranges from 95% to 100% when measured at sea level.
- Individuals should reach out to a healthcare professional if their oxygen saturation falls below 92%, since this could indicate hypoxia, a condition where the body's tissues are not receiving sufficient oxygen.
- If your blood oxygen saturation drops to 88% or below, get emergency medical help immediately.

## Additional notes