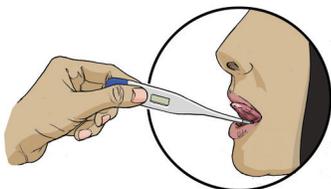


How to Take Your Temperature



1. Turn the thermometer on by pressing the button near the screen.



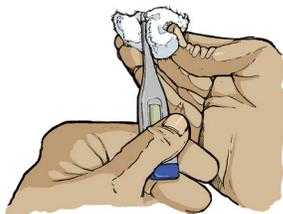
2. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.



3. Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.



4. Write your temperature in the 14-Day Symptom and Temperature Log in this booklet.



5. Clean your thermometer with soap and water and dry it well.

PLEASE NOTE: For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit.

For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever. Tell the public health worker that you are taking the child's temperature this way.