

Take your temperature two times a day, morning and night.



• This thermometer is for **YOU ONLY**.

• Please **DO NOT SHARE** it.

• **KEEP IT** for yourself for the next 21 days.



DO NOT take your temperature right after eating or drinking.



1. Turn the thermometer on. It will show an "L" in the screen when it is ready.



2. Hold the tip under your tongue for 60 seconds until it beeps.



3. Read the temperature.



4. Write your temperature on the Symptom Log you got in your CARE Kit.



If your temperature is **100.4° F / 38° C** or above OR if you have any of the symptoms on your Symptom Card, stay at home. Follow what you were told by the public health worker who contacted you.

If you are not able to reach someone immediately, call:

- the state health department or
- CDC: 1-800-232-4636.

If you have a medical emergency, call 911.



5. You can clean your thermometer with soap and water.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention