General Instructions: How to Use an Infrared Thermometer
*Instructions may be different for different types of infrared thermometer*

1. Press the “Power” button to turn the thermometer on.

2. Wait at least 15 minutes for the device to warm up.

3. Press the button to put the thermometer in Celsius mode. Note: Confirm the thermometer is on “body reading” setting (if applicable).

4. Stand to the side of the person whose temperature you are taking. Do not face them directly. Take two steps back.

5. Ask the person to push back hair, remove hat or glasses, and wipe off perspiration, as this could give an inaccurate reading.

6. Point the thermometer at the end of the person’s right eyebrow.

7. Hold the thermometer at a length of 3 fingers put together from the person’s temple (3-5 cm). The thermometer should not touch the skin.

8. Read the thermometer screen.
   - Temperature is less than 35°C, take temperature again.
   - Temperature is 38°C or higher, this person has a fever.

9. If person meets rest of suspect case definition, then:
   - Notify supervisor.
   - Escort patient to the isolation area.

Remember to wait 15 seconds between each patient! Never turn off the device until your shift is over!

Maintenance
- Change the batteries often. Frequency will depend on the type of thermometer.
- Wipe the lens daily.

Messages
Screen display messages:
- “H”: means that the temperature is too high, T>42.2°C. Take temperature again.
- “L”: means that the temperature is too low, T<34°C. Take temperature again.
- “Err”: means that there is a display error. Take temperature again.
- Blank screen: Check that the batteries are in the right place. Check that the batteries are new.

U.S. Centers for Disease Control and Prevention