

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



• Each household member should use their own thermometer.

• Please **DO NOT SHARE** it.

• **KEEP IT** for yourself for the next 14 days.



**DO NOT** take your temperature right after eating or drinking.



1. Turn the thermometer on. It will indicate 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 chart you received.



If your temperature is 100.4°F / 38°C or higher or you are sick, call **YOUR MEDICAL CARE PROVIDER**. **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