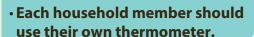
Take your temperature two times a day, morning and night.





• 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.





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