Directions for
Reusable Forehead Thermometer

Below are instructions to gain an accurate temperature reading from the reusable forehead thermometer. Forehead thermometers are good for screening, but not as accurate as oral thermometers, which should be used for reporting a temperature above 100.4^0F to your physician.

Instructions:

1. Hold thermometer at both ends, press firmly on forehead for 15 seconds, or until the color stops changing.
2. Take reading while the thermometer is still on your forehead. Ask a family member to help or stand in front of a mirror.
3. Read temperature:
   a. GREEN DOT = Exact temperature as noted on strip on top of dot.
   b. BLUE DOT = Temperature reading + 1^oF.
   c. TAN DOT = Temperature reading - 1^oF.
4. If the temperature registers at 100.4^0F, wait 15 minutes and retake your temperature. If the second reading is at 100.4^0F or above, stay home and follow CDC guidelines.

To ensure an accurate reading:

- Thermometer should be used indoors and at room temperature approximately 68- 86 ^{o}F. Avoid direct sunlight or strong lamps when taking temperature.
- Do not take temperature if you have been eating, drinking, or exercising within the last 30 minutes or just coming in from outdoors.
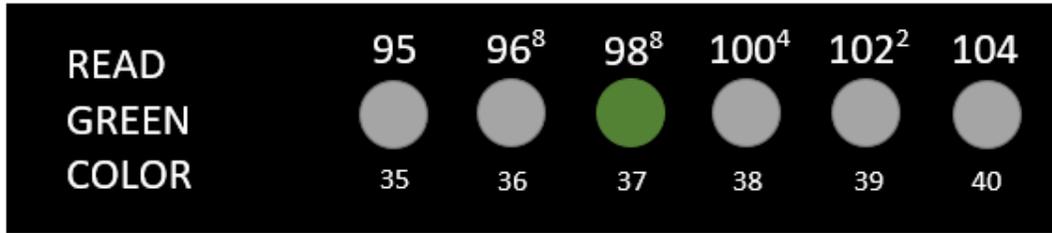- After each use, clean strip with a soft cloth and store in plastic bag.

Important Note: Please following all CDC guidelines for COVID-19 symptoms and consult your physician if a fever exists.

Please see reverse for examples on reading/interpreting your temperature.

How to Read/Interpret Temperature Reading

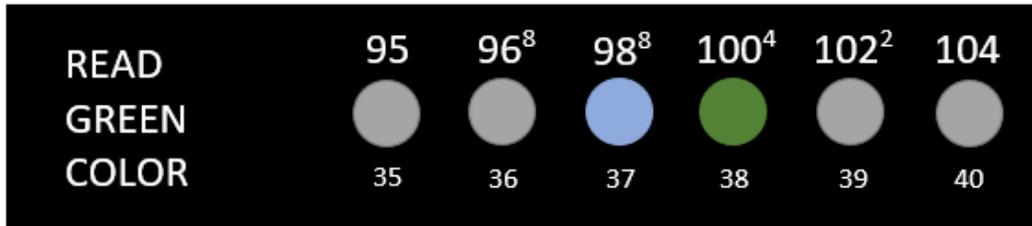Example 1: Normal Temperature of 98.8^0F
- Okay to Work

	95	96^8	98^8	100^4	102^2	104
READ GREEN COLOR	⚪	⚪	🟢	⚪	⚪	⚪
	35	36	37	38	39	40

🟢 Exact Temperature 🔵 Add 1^oF 🟡 Subtract 1^oF

Example 2:
Normal Temperature of 97.8^0F ($96.8^0 + 1^0 = 97.8^0$F) OR ($98.8^0 - 1^0 = 97.8^0$F)
- Okay to Work

	95	96^8	98^8	100^4	102^2	104
READ GREEN COLOR	⚪	🔵	🟡	⚪	⚪	⚪
	35	36	37	38	39	40

🟢 Exact Temperature 🔵 Add 1^oF 🟡 Subtract 1^oF

Example 3: Elevated Temperature of 100.4^0F (even though a blue dot appears, use green dot reading)
- Not Okay to Work

	95	96^8	98^8	100^4	102^2	104
READ GREEN COLOR	⚪	⚪	🔵	🟢	⚪	⚪
	35	36	37	38	39	40

🟢 Exact Temperature 🔵 Add 1^oF 🟡 Subtract 1^oF

Example 4: High Temperature of between 103^0F and 103.2^0F ($104^0 – 1^0 = 103^0$F) OR ($102.2^0 + 1^0 = 103.2^0$F)
- Not Okay to Work

	95	96^8	98^8	100^4	102^2	104
READ GREEN COLOR	⚪	⚪	⚪	⚪	🔵	🟡
	35	36	37	38	39	40

🟢 Exact Temperature 🔵 Add 1^oF 🟡 Subtract 1^oF