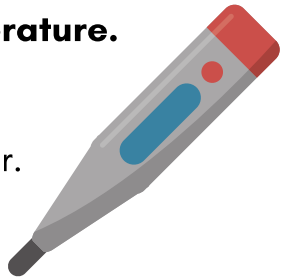
HOW TO USE A THERMOMETER

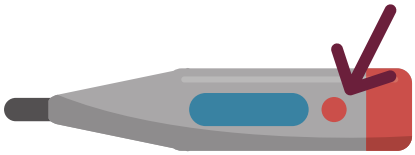
Wait 30 minutes after eating, drinking, or exercising to take your temperature.



BEFORE you use a thermometer, **ALWAYS:**

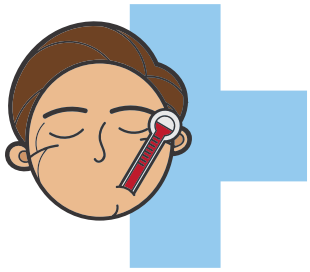
- Clean the thermometer according to the directions from the manufacturer.
- Cover the thermometer with a disposable cover if available.
- Check that the screen is clear.

1



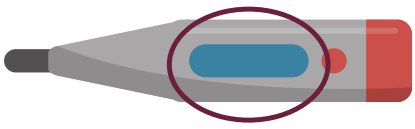
Turn the thermometer **ON** by pressing the button near the screen.

2



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

3



Read the temperature.
Fever is 100.4 °F or higher.

4

Write your temperature down if you are keeping a record.

5

Remove the cover if used. Clean the tip of your thermometer according to the directions from the manufacturer.

If your temperature is greater than 101.5 °F, call your doctor.

Stanislaus County HEALTH SERVICES AGENCY

Stanislaus County Public Health
How to Use a Thermometer Factsheet 03.26.2020
Adapted from CDC How to Use Your Thermometer to Check Your Temperature and Health Information Translations Taking a Temperature

Symptom and Temperature Log

Write your symptoms and temperature in the space below every day for 14 days.

DAY	DATE	SYMPTOMS	TEMP
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			
DAY 8			
DAY 9			
DAY 10			
DAY 11			
DAY 12			
DAY 13			
DAY 14			

If you get sick, contact your health department as instructed and remind them you traveled from a country with an outbreak of COVID-19, your symptoms, and that you are self-monitoring. Your daily health checks are complete at 14 days, or as indicated by public health authorities.

ICall your medical provider if you have a temperature of 101.5.

CORONAVIRUS

When and How to Wash Your Hands

Hand-washing is one of the best ways to protect yourself and your family from getting sick. Wash your hands often to stay healthy. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet, changing diapers, or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Wet your hands with clean, running water and apply soap.

Lather your hands by rubbing them together with the soap.
Lather the backs of your hands, between your fingers, and under your nails.

Scrub your hands for at least 20 seconds. Need a timer?
Hum the "Happy Birthday" song from beginning to end twice.

Rinse your hands well under clean, running water.

Dry your hands using a clean towel or air dry them.

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For more information on COVID-19:
Call (209) 558 7535
Visit http://schsa.org/publichealth/pages/corona-virus/