





Turn the thermometer on by pressing the button near the screen.





Hold the tip of the thermometer under your tongue until it beeps. Don't bite the thermometer.

3



Read your temperature on the screen.





Record your temperature.

5



Please note: for a child younger than 4 years old, place the thermometer under the child's arm in the center of the arm pit.

Tell the public health worker or doctor that you are taking your child's temperature this way. 6



Clean your thermometer with soap and water or an alcohol pad.