

TRACK YOUR TEMP



People with COVID-19 may have a fever.

To help reduce spread of the virus, students (with the assistance of their parent/guardian) will conduct a daily home temperature screening before coming to school.

Students with a temperature of 100.4 F or higher should stay home from school and notify their school of the reason for their absence.

see reverse side for instructions on how to track your temp >>

Already have a thermometer? Return this one to your school and we will be sure it gets put to good use!

TO PROPERLY MEASURE A TEMPERATURE, FOLLOW THE STEPS BELOW*:

1. PRESS THE BUTTON next to the display window to turn the thermometer on.
2. POSITION the thermometer in one of the two pockets under the tongue.
3. CLOSE MOUTH and breath evenly through the nose.
4. WAIT FOR THE BEEP (approximately 30 seconds) and then remove the thermometer from your mouth.
5. RECORD the temperature from the display window on your log sheet.
6. CLEAN the thermometer using rubbing alcohol so that it's ready for the next use.

**Be sure to also review the thermometer instruction manual included.*



THANK YOU TO OUR DONORS:

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