NATIONAL ASSOCIATION OF
Community Health Centers®

TEMPERATURE MONITORING: HENRY SCHEIN DIGITAL THERMOMETER

Why is it Important to Check My Temperature?

A fever is a temperature higher than 100.4°F. It is a symptom that can happen with mild to severe illness, including COVID-19. You should check your temperature when you think you have a fever.

Instructions

✔ To turn the thermometer on, press and release the round button (the button on top, below the display window).

✔ Place new probe cover onto the thermometer tip.

✔ With your mouth open, place the covered thermometer tip under your tongue.

✔ Close your lips gently around the thermometer.

✔ Keep the thermometer under your tongue until the digital thermometer beeps.

✔ Read the numbers in the display window, this is your temperature.

✔ Remove and dispose the used probe cover.

Here are a few tips to get a good reading:

- Try not to move your body or the thermometer while it is reading.

- Wait at least 30 minutes after exercise or hot/cold drinks!

- Wait at least 6 hours after taking pills like acetaminophen, ibuprofen, or aspirin. These can lower your body temperature.

Patient Care Kit Item

Your Kit includes one (1) Henry Schein Thermometer.