

Take your temperature two times a day, morning and night.



• This thermometer is for **YOU ONLY**.

• Please **DO NOT SHARE** it.

• **KEEP IT** for yourself for the next 21 days.



DO NOT take your temperature right after eating or drinking.



1. Turn the thermometer on. It will show an "L" in the screen when it is ready.



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



3. Read the temperature



4. Write your temperature on the chart you got at the airport.



If your temperature is **100.4° F / 38°C** or higher or you are sick, call the **State Health Department** or call **CDC: 1-800-232-4636**.
If you have a medical emergency, call 911.

5. You can clean your thermometer with soap and water.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention