

# COVID-19

## Thermometer use



Take your temperature around the same time each day for 14 days. Record your temperature and symptoms on the Daily Temperature Reading Log.

**Do not drink or eat any hot or cold** items 30 minutes prior to taking temperature.

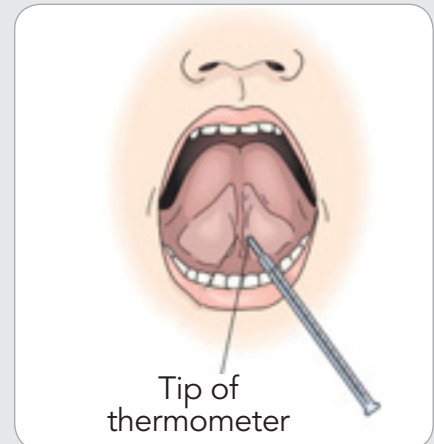


**Clean and disinfect** the thermometer before and after each use, using 70% Isopropyl alcohol (rubbing alcohol or alcohol wipe).



### Steps for taking temperature with a digital oral thermometer

1. Place the tip of the thermometer in mouth under the tongue as shown in the picture.
2. Close mouth and breathe through nose. Temperature reading may take up to 30 seconds.
3. The temperature reading will be on the display. Record temperature on the **Daily Temperature Reading Log**.



A fever for an adult or child is any temperature **above 37.8 degrees Celsius or 100.0 degrees Fahrenheit**.



Use the thermometer according to the manufacturer's instructions provided with the thermometer. The instructions provide more detail on how to use your thermometer.



The information in this document is current as of September 23, 2020

CDS-0798-03 20/09/23

For more information visit [peelregion.ca/coronavirus](https://peelregion.ca/coronavirus)

 @regionofpeel

 @peelregion.ca

 @regionofpeel

 **Region of Peel**  
working with you