EBOLA
How to Use Your Thermometer to Check Your Temperature

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

- Please **DO NOT SHARE** it.

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

21 days

DO NOT take your temperature right after eating or drinking.

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

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

BEEP

3. Read the temperature.

4. Write your temperature on the Symptom Log you got in your CARE Kit.

DAY 0	SYMPTOMS	TEMP*
	No symptoms	98.6°F / 37°C

If your temperature is 100.4°F/38°C or above **OR** you have any other Ebola symptoms:

- Do what your public health worker told you to do if you get sick.
- If you are not able to speak with someone right away, call:
  - » Your state or local health department (use the list in your CARE Kit),
  - » CDC (1-800-232-4636), or
  - » **911 if it is a medical emergency** and let them know you are in the CDC Ebola CARE Program.
- Do not go out in public until you talk to a public health worker.

911

5. You can clean the tip of your thermometer with soap and water.

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

CDC