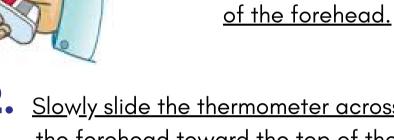
CORONAVIRUS

## How to use a Temporal Thermometer:

This thermometer reads the heat waves coming off the temporal artery. This blood vessel runs across the forehead just below the skin.



2. <u>Slowly slide the thermometer across</u> the forehead toward the top of the ear. Keep it in contact with the skin.

**3.** <u>Stop when you reach the hairline.</u>

**4.** <u>Read the temperature on the</u> display screen.

\*Some newer thermometers do not need to slide across the forehead. Follow the box directions on how to take temperature.

\*This method of recording temperature can take less than 2 seconds.



Place the sensor

head at the center

\* If you are getting a different reading each time, make sure the thermometer stays in contact with the skin.



## CORONAVIRUS

- Normal forehead temperature can range from 97.6 98.1 degrees Fahrenheit or 36.4–36.7 degrees Celsius. This is cooler than oral temperatures.
- A forehead temperature reading of 100.4 degrees Fahrenheit is considered a fever and can be an indicator of viral infection.
- Having a fever does not mean you have COVID-19 but it is a symptom.

Other symptoms include:

- Cough
- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face
- If you have a fever, but do not have these other symptoms you may have the flu, strep throat, or some kind of infection.
- Regardless, if you have a fever you should stay home and call your physician.

More COVID-19 questions? Call us at 1-606-564-9447 Stay up to date on COVID-19 information for Mason and Robertson Counties by following our Facebook Page.

