

# 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.*



- 1.** Place the sensor head at the center of the forehead.

- 2.** Slowly slide the thermometer across the forehead toward the top of the ear. Keep it in contact with the skin.

- 3.** Stop when you reach the hairline.

- 4.** Read the temperature on the 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.*

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

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- 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**  
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