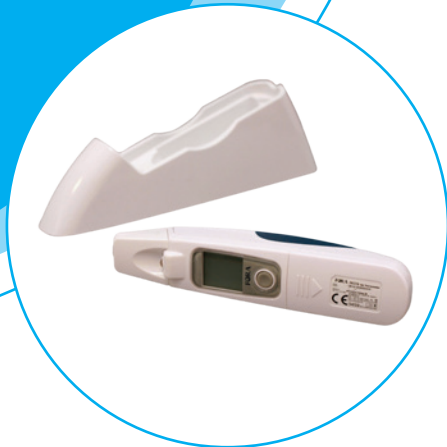


# Thermometer Guide



A digital ear thermometer, is a quick and easy way to monitor body temperature and detect if you have an infection that needs medical attention.

## **Before you take your readings**

Please ensure your ears are clean and dry before using the thermometer.

DO NOT USE a cotton bud to clean the ear.

# Taking your temperature



Ensure the protective covers are placed on the thermometer



Press the ON button



Pull the ear back and gently insert the thermometer



Hold it firmly in place until the thermometer signals the reading is complete



Carefully remove the ear thermometer and read the display



Record the temperature reading on the display

Write down the temperature reading and don't rely on your memory, because a caregiver or Healthcare Professional may want or need that information.