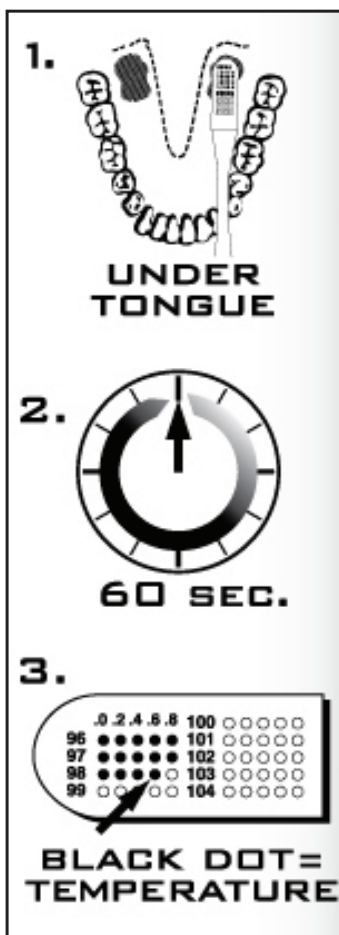


STUDENT HEALTH
**How to Use a
NexTemp Thermometer**



To Use



Things to remember before using:

- Do not ingest hot or cold beverages or food immediately before use.
- Do not take temperature after exercising or exposure to hot/cold weather. Wait 5 minutes for your body to adjust to room temperature.
- **DO NOT SHARE WITH OTHERS!**

Preparation:

- Wash your hands.
- Peel apart the wrapper end by the arrow. Remove the thermometer by pulling on the handle.

How to take your temperature:

1. Open your mouth and place the grid end of the thermometer far back in your mouth under your tongue. The grid end of the thermometer should be positioned in the “heat pocket” (see step one at left).
2. Close your mouth over the thermometer and press your tongue against the thermometer. This helps the thermometer quickly warm up to your body temperature. Breathe through your nose.
3. Wait at least 60 seconds.
4. Remove thermometer from your mouth and read the temperature scale within 5 seconds (the thermometer will begin to reset itself once removed from your mouth).

How to read and interpret the thermometer grid:

- Each thermometer has a grid of temperature dots.
- Each dot represents a different temperature and turns black when a specific temperature is reached for that dot.
- The black dot with the highest temperature represents your oral temperature.