

Before you take your temperature Antes de que te tomes la temperatura



Wait 30 minutes after eating, drinking, or exercising

Espera 30 minutos después de comer, beber, o hacer ejercicio.



Wait at least 6 hours after taking medicines that can lower your temperature, like:

- Acetaminophen, also called paracetamol
- Ibuprofen
- Aspirin (Adults Only)

Espera a menos de 6 horas después de tomar medicinas para aliviar su temperatura, como:

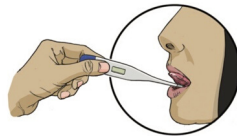
- Acetaminofeno
- Ibuprofeno
- Aspirina (sólo para adultos)

How to take your temperature Como te tomes la temperatura



Turn the thermometer on by pressing button near the screen

Empuja el botón cerca de la pantalla para enciende el termómetro.



Hold the tip of the thermometer under your tongue and close your mouth until it beeps. Do not bite the thermometer.

Ponga la punta del termómetro debajo de la lengua y cierra tu boca hasta que puede oír un beep.



Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever..

Lee el número en la pantalla. Si el número de la temperatura es 100.4°F/38°C o más alto, tienes fiebre.



Write your temperature in the 14-Day Symptom and Temperature Log on the back of this sheet.

Toma nota de tu temperatura en el "14-Day Symptom and Temperature Log atrás de esta forma.

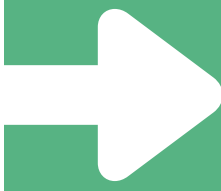


Clean your thermometer with alcohol wipes and let air dry before next use.

Limpia tu termómetro con alcohol después de usando.

Symptom and Temperature Log

Day	Date	Symptoms/Medicine / Time Taken	Tempurature
day 1			
day 2			
day 3			
day 4			
day 5			
day 6			
day 7			
day 8			
day 9			
day 10			
day 11			
day 12			
day 13			
day 14			

 If you have shortness of breath, difficulty breathing, or decreased level of consciousness please call 911 or go to the closest emergency department immediately.