



# EASY-TO READ, REUSABLE FOREHEAD THERMOMETERS

## INSTRUCTIONS FOR F1001 REUSABLE MYLAR THERMOMETER STRIPS

Thermometers should be used indoor and at room temperature (approximately 68° - 86°F). Avoid direct sunlight or strong heat when taking temperature. Do not take temperature if individual has been eating, drinking or exercising within the last 30 minutes due to the possibility of temperature fluctuation.

**1. Hold thermometer at both ends, pressing firmly on dry forehead for approximately 15 seconds.**

**2. Read thermometer while on forehead:**

- **Green:** correct temperature
- **If you do not see green, blue or tan colors will appear:**
  - Blue:** add 1°F
  - Tan:** subtract 1°F

Always consult your physician if a fever exists.

The reusable thermometer may be cleaned with a soft cloth.

**TO BE ADMINISTERED BY ADULTS ONLY.  
KEEP OUT OF REACH OF CHILDREN.**

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