

HOW TO MEASURE BODY TEMPERATURE



Wait 15-20 minutes after eating or drinking before taking a temperature by mouth.



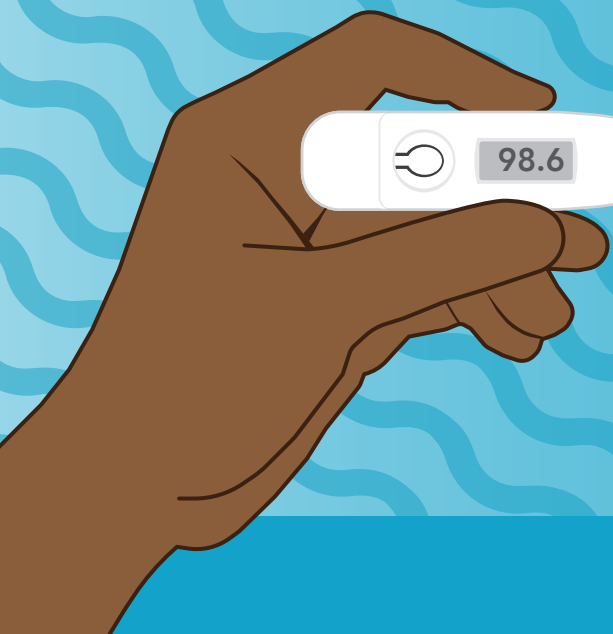
Wash your hands.



Turn the thermometer on by pressing the power button.



Put the thermometer under one side of the tongue. Keep lips closed but do not bite the thermometer.



When the thermometer beeps (about 10 seconds) remove and read.