



## **Thermometer**

Check your temperature with any symptoms.

CRITICAL:	94°F or less
OUT-OF-RANGE LOW:	94.1°F to 96.9°F or with any reported symptoms
NORMAL RANGE:	97°F to 99°F
OUT-OF-RANGE HIGH:	99.1°F to 100.9°F or with any reported symptoms
CRITICAL:	101°F or more

If a reading is in the **OUT-OF-RANGE** values, wait 15 minutes and re-take the temperature. If it is still **OUT-OF-RANGE**, please call the office at 219-476-3687.

With any **CRITICAL** value, re-take the temperature and if it's still critical, please call our office at 1-888-580-1060 to speak to a HealthLinc nurse.

## How to Use Your Thermometer

Readings should be taken as needed when symptoms occur.

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Hold the device parallel to the forehead (1-10 cm) until you see a blue light.



Wait until "PAS" pops up. This means the results have been sent to your provider.

When you hear a long beep, the measurement has finished. It will display a rotating bar and you will notice the device will count up to 5.



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4