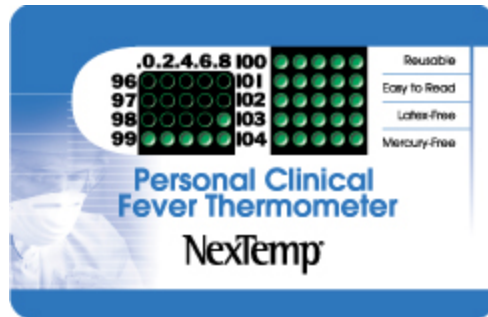


NEXTEMP THERMOMETER



1. When to use thermometer:

When an employee has possible flu symptoms and is unsure about need to go home.

2. How to use the Nextemp Thermometer

Before taking temperature:

- * Do not ingest hot or cold beverages or food immediately before use.
- * After exercising or being exposed to hot or cold weather wait **5 minutes** for body to adjust to room temperature.
- * **One person use only**
- * Wash hands

Directions for opening: Peel apart the wrapper end by the arrow, remove the thermometer by pulling on the handles.

Taking your temperature:

- * Open mouth, place grid end of thermometer far back under your tongue, breath through nose, **wait at least 60 seconds**
- * Remove thermometer from mouth, read temperature scales within **5 seconds**.

Reading and interpreting thermometer grid:

- * Each dot on the grid 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.



3. What actions to take with the results

Employee should measure his/her temperature and make his/her own decision about whether or not to continue working. Refer to Duke guidelines if needed: www.duke.edu/flu