How to Take an Oral Temperature

1. Make sure you have not had anything to eat or drink 10-15 minutes prior.
2. Remove the digital thermometer from its case.
3. Press the button to turn it on.
4. Place the thermometer tip under your tongue and gently close your mouth.
5. Let the thermometer sit in your mouth until it beeps and the temperature appears on the digital screen.
6. Gently remove the thermometer from your mouth.
7. Read your temperature on the digital screen.
8. Record the temperature, date and time it was taken on the chart below.
9. Wash the tip of the thermometer with warm water and soap; store in cool, dry place and put the thermometer back in its case.

Record Temperature & Symptoms Here

Date	AM Temp	Morning Symptoms	PM Temp	Evening Symptoms

For more information on COVID-19, visit ***saskatchewan.ca/coronavirus***

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