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](http://www.duke.edu/flu)