

# FOR PARENTS AND GUARDIANS:

## How to Take Your Child's Temperature Before School

### 1 BEFORE TAKING YOUR CHILD'S TEMPERATURE:

Wait 30 minutes after eating, drinking, or exercising.



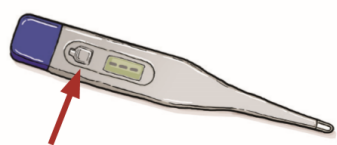
If you plan to send your child to school, be sure that they have been at least 24 hours since they took any medication that could lower their temperature.

Those medicines include:

- Acetaminophen (also called paracetamol)
- Ibuprofen
- Aspirin

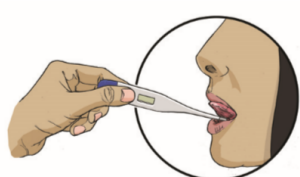


### 2 HOW TO TAKE YOUR CHILD'S TEMPERATURE:



1

Turn the thermometer on by pressing the button near the screen.



2

Have your child hold the tip of the thermometer under their tongue until it beeps. Don't bite the thermometer.



3

Read the temperature on the screen. If the temperature is at or above 100.0°F or 37.8°C, then they have a fever.



4

Write the temperature in a safe place if you need to track your child's symptoms.



5

Clean the thermometer with soap and water and dry it well.

#### NOTE:

For infants and children under 4, use an age-appropriate thermometer such as an ear thermometer.

### 3 CAN YOU SEND YOUR CHILD TO SCHOOL?

99.9°F or lower?  
Send to school!

100°F or higher?  
Keep them home, notify  
the school and have  
them tested for COVID-19