



# COVID-19

## FACULTY & STAFF TEMPERATURE CHECKS

To use a digital oral thermometer here are the steps:

- There should not be anything hot or cold in your mouth for at least 10 minutes before taking your temperature.
- Put the tip into a new, throw-away plastic cover if one is available. If you do not have a cover, clean the pointed end (probe) with soap and warm water or rubbing alcohol. Rinse it with cool water.
- With your mouth open, put the covered tip under your tongue.
- Close your lips gently around the thermometer.
- Keep the thermometer under your tongue until the digital thermometer beeps.
- Remove the thermometer when numbers show up in the "window."
- Read the numbers in the window. These numbers are your temperature.
- Remove or eject the throw-away cover if you used one.
- Place the thermometer back in its holder.
- If you have a temperature greater than 100.4°F, you should not come to campus, attend an in-person class or go to work, and you should notify Student Health Services for further instructions.

Student Health Services recommends the use of an oral thermometer to measure your temperature. A temperature measures body heat. An oral thermometer is used to take your temperature in your mouth. A person should be 5 years or older to have a temperature taken in the mouth. Oral thermometers are generally inexpensive and easy to use. There are additional ways to check a temperature, including scanning your forehead or ear tympanic membrane. If you decide to use one of these devices, please follow the instructions with the device for use. An oral thermometer also may be used under your arm, in your axilla (armpit), if you are unable to put the thermometer in your mouth.

### Normal Oral Temperature Ranges:

- Adults – 98.6°F (37°C).
- Children – 97.6-99.3°F (36.4-37.4°C).
- Older Adults – 98.2°F (36.8°C).

### Body Temperature Ranges:

Body temperature changes slightly through the day and night, and it may change based on your activity.



#### ARMPIT

(axillary)

temperature is usually 0.5-1°F (0.3-0.6°C)

**lower**

than an oral temperature.



#### FOREHEAD

(temporal)

scanner is usually 0.5-1°F (0.3-0.6°C)

**lower**

than an oral temperature.



#### EAR

(tympanic)

temperature is usually 1.3°F (0.7°C)

**higher/lower**

than an oral temperature.

## TEMPERATURE OVER

# 100.4°F

### NOTIFY HUMAN RESOURCES AND YOUR SUPERVISOR

## DO NOT

### COME TO CAMPUS, ATTEND AN IN-PERSON CLASS OR GO TO WORK

### Fevers

You may need to check an oral temperature to learn if you or a family member has a fever. "Fever" is a word used for a temperature that is higher than normal for the body. Fever is usually a sign of illness, infection or other conditions.



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