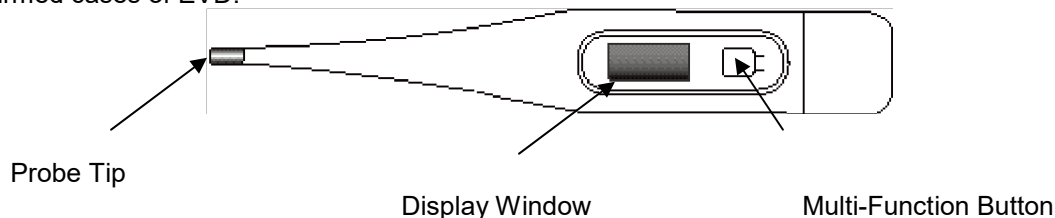


Temperature Self-Monitoring

You have been issued this digital thermometer as part of the Infection Prevention & Control Management of Ebola Virus Disease (EVD) Operational Directive. Self-Monitoring under the direction of Occupational and Environmental Safety & Health is required by all staff caring for patients under investigation, as well as probable and confirmed cases of EVD.



Beginning the first day of your assignment, you must take your temperature orally **twice daily** (once in the morning and once in the afternoon) in Celsius using the digital thermometer and **record it** on the Form found on the other side of this page. Please follow the directions below:

1. Do not drink hot or cold fluids or foods, exercise or perform other activities that will raise or lower temperature readings when compared to your normal average temperature for 15 minutes prior to taking your temperature.
2. Push the Multi-Function button located beside the display window. The thermometer will beep and the display will read: "188.8 °". This is a function check indicating the unit is working properly. The last measured temperature will be displayed for approximately 2-seconds. Next the thermometer will read L°F.(or L°C) . You want to take your temperature in Celsius. If the thermometer reads L°F see note below on how to change it to Celsius.
3. The °F or °C symbol will flash when the unit is ready to measure temperature. Please note that the " " indicates a low battery. See instructions for replacing battery before measuring temperature. Do not expect an accurate temperature reading if this low battery indicator is present. An "ERR" message in the window indicates your unit is not functioning properly.
4. Please the probe tip well under the tongue as indicated in the picture ----->
5. The unit will complete measurement in 30 seconds when temperature is taken orally. The display will flash and the unit will beep signaling completion. Opening the mouth or improper placement of the probe tip could result in a longer time for a reading.
6. Read and record the temperature on the other side of this paper. The reading will automatically be stored in the memory.



Any fever must be reported immediately to OESH by calling 204-232-9075. If any symptoms listed appear please self-isolate immediately and notify OESH by calling 204-232-9075.

You must continue to self-monitor your temperature for 21 days following the last day of your assignment. Once this form is full you must return it to OESH. If the day of return is before the end of the 21 days following the last day of assignment then you must get another form and continue with daily monitoring.

Operation of the °F - °C feature (How to change the measuring scale)

From the "OFF" position, hold down the "MULTI-FUNCTION" button for 5-sec. The thermometer will automatically change from °F - °C or °C - °F. Release the button. You may toggle between °C and °F. After 3sec. in one scale the °C or °F will flash, indicating ready to measure.

How to care for this product:

- Clean the thermometer tip and probe only using isopropyl alcohol or soap and water.
- Store the unit in the protective case while not in use.
- Do not store or keep in direct sunlight, or in high temperatures.
- Keep battery away from children.
- Do not open the thermometer except to replace the battery.
- Do not drop the thermometer, as this may ruin the unit.

Self-Monitoring Form

Name: _____

To be completed under the direction of Occupational and Environmental Safety & Health by staff caring for patients under investigation, as well as probable and confirmed cases of EVD

Instructions: Take your temperature orally twice every day (12 hours apart) using the supplied digital thermometer and record your temperature in Celsius in the space below.

Day	Date	AM Temp Reading (Celsius)	PM Temp Reading (Celsius)	Are you well? Yes/No	Symptoms (e.g. nausea, vomiting, diarrhea, malaise, sore throat, muscle aches, headache, pink or red eye)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					

Any fever must be reported to OESH immediately by calling 204-232-9075. If any signs/symptoms listed above arise self-isolate as quickly as possible and immediately notify OESH at 204-232-9075.