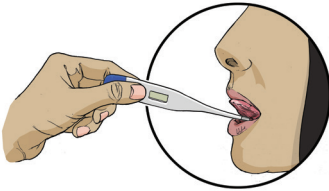**1.** Turn the thermometer on by pressing the button near the screen.

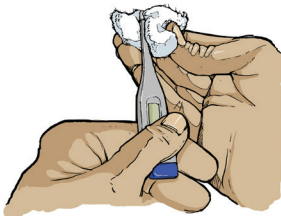**2.** Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.

**3.** Read your temperature on the screen. If your temperature is 100.4°F/38°C or higher, you have a fever.

**4.** Write your temperature in the 14-Day Symptom and Temperature Log in this booklet.

**5.** Clean your thermometer with soap and water and dry it well.

**PLEASE NOTE:** For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit.

For the armpit method, if the child's temperature is 99.4°F/37.4°C or higher, they have a fever. Tell the public health worker that you are taking the child's temperature this way.

**If you have a medical emergency, call 911. Tell them you've traveled from a country with an outbreak of COVID-19.**

# COVID-19: Temperature and Symptom Tracker

It is important to monitor your symptoms and temperature for the next 14 days. Please wait at least 20 to 30 minutes after you smoke, eat, or drink a hot or cold liquid. Also, check it before you take ibuprofen or acetaminophen.  If your temperature is 100.4 degrees F or greater (or 38 degrees C), you have a fever.  If you develop a fever, cough, or difficulty breathing (aka shortness of breath) please call your medical provider for evaluation over the phone and to possibly organize testing.

| Date | Day | AM Temperature | PM Temperature | Cough (Y/N) | Difficulty Breathing (Y/N) | Other symptoms (list) |
|---|---|---|---|---|---|---|
|  | 1 |  |  |  |  |  |
|  | 2 |  |  |  |  |  |
|  | 3 |  |  |  |  |  |
|  | 4 |  |  |  |  |  |
|  | 5 |  |  |  |  |  |
|  | 6 |  |  |  |  |  |
|  | 7 |  |  |  |  |  |
|  | 8 |  |  |  |  |  |
|  | 9 |  |  |  |  |  |
|  | 10 |  |  |  |  |  |
|  | 11 |  |  |  |  |  |
|  | 12 |  |  |  |  |  |
|  | 13 |  |  |  |  |  |
|  | 14 |  |  |  |  |  |

NOTE: This is an emerging, rapidly evolving situation. Information in this document is current as of March 19, 2020. Please check the South Dakota Department of Health (DOH) website at covid.sd.gov for the most current information and guidance.