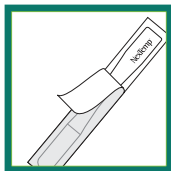


HOW TO USE THE NEXTEMP® THERMOMETER

Wait at least 15 minutes before taking temperature when exposed to cold weather, or engaged in eating, drinking, or smoking.

1. **Open package.** Peel back top of wrapper to expose handle of thermometer. Remove thermometer by pulling exposed handle. **Do not touch the dot matrix portion which is to be placed in your mouth.**



2. **Insert thermometer.** Choose how you'd like to take your temperature and follow the instructions below.

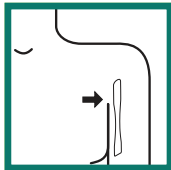
ORAL (Inside Mouth)

Place thermometer into your mouth under the tongue, as far back as possible into either heat pocket, as you would any oral thermometer (see diagram). Press your tongue down on thermometer and keep mouth closed. The dots can face up or down. **Wait at least 1 minute.**

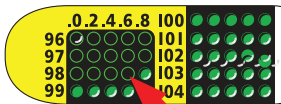


AXILLARY (Under Arm)

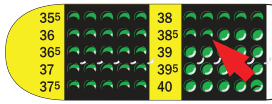
Insert thermometer high in the armpit with the dot matrix side against your body and parallel to the length of your body. Use your arm to hold thermometer in place. **Wait 3 minutes.**



3. **Read your temperature.** The last black dot on the matrix indicates the correct temperature.



Reading – 98.6°F
Each dot increase = 0.2°F



Reading – 38.6°C
Each dot increase = 0.1°C

DISPOSE AFTER USE.

**Esta información está
disponible en Español!**



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or escanea el código QR usando
tu dispositivo móvil.**



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