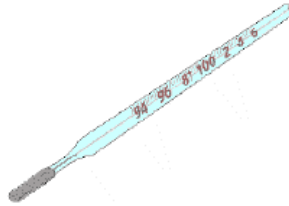


## How to Use A Glass Thermometer



1. Remove thermometer from case and rinse under cold water.
2. Hold thermometer at opposite end of mercury and shake down the mercury by using a snapping action of the wrist. Temperature should be below 35° C or 95° F.
3. Insert thermometer into protective sheath (if using one).
4. Place thermometer under tongue, and keep lips closed over thermometer. Keep thermometer in this position for at least **3 minutes**.
5. Remove thermometer and sheath and hold at eye level to read temperature. Rotate thermometer as needed to view the mercury.
6. Record the temperature, ensuring that you have included the date and time the temperature was taken.
7. Clean the thermometer with warm soap and water.