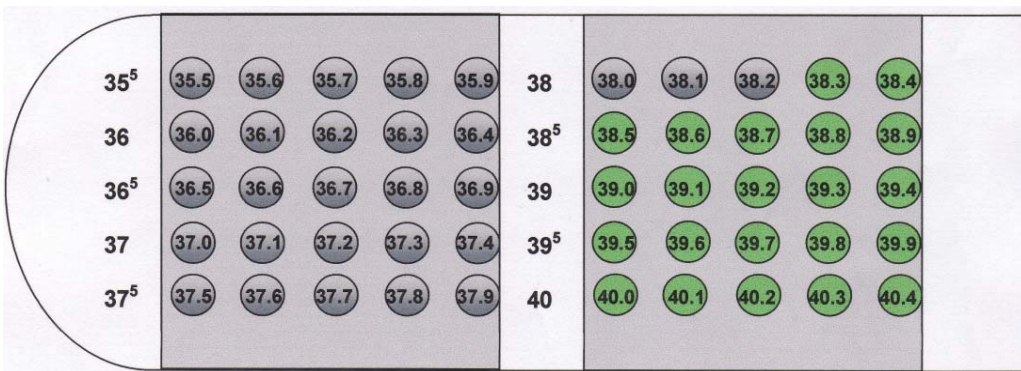




## How to use the EZEtemp™ disposable thermometers

1. Leave at least 20 minutes after eating or drinking.
2. Peel back top of wrapper to expose handle and remove by pulling.
3. Place thermometer under tongue, as far back as comfortably possible, with the coloured dots facing downwards.
4. Press down on the thermometer with tongue, keeping mouth closed. **Do this for 1½ minutes.**
5. Remove the thermometer and read immediately.
6. The **LAST BLACK DOT** indicates the temperature. Identify the last black dot then refer to the diagram below to take reading.  
(The dots will begin to turn green again after about 30 seconds. If required, you can repeat the process using the same thermometer.)



### Example.

