



**SCARC, Inc. Monthly Individual Temperature Tracking Record**

Individual Name: \_\_\_\_\_ Month: \_\_\_\_\_

All individual temperatures to be taken daily at 7:00am and 7:00pm and as needed if concerns arise.

	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
7:00am Reading																																
Staff's Initials																																
7:00pm Reading																																
Staff's Initials																																

Additional temperature readings as needed to be noted below.

Date/Time	Temperature Reading/Comment	Staff Signature



### Temperature Taking Tips

- No contact thermometers are preferred and should be the “go to” thermometer for taking the temperatures of individuals and employees.
  - If the no touch thermometer isn’t working please email COO immediately for a replacement.
  - Also have extra batteries on hand.
- If using a no touch forehead thermometer:
  - Remove anything in the way of the skin such as hats or hair.
  - Dry perspiration if needed.
  - Avoid standing under a vent blowing hot or cold air.
- If checking their temperature orally, make sure the person has not had anything to eat or drink for 15-20 minutes prior.
- If the individual or employee has just come inside from a hotter or colder environment, simply wait several minutes while they acclimate to the indoor temperature.
- If the thermometer itself is kept in a hot or cold environment, it’ll also have to acclimate to the indoor temperature before it is able to be used.
- The typical temperature level is dependent upon the route which it is taken. Check the instructions that came with the thermometer to ensure you have the correct normal range. If unavailable, here are some guidelines:
  - The average normal oral temperature is 97°F-99°F
  - An ear (tympanic) temperature is 0.5°F to 1°F higher than an oral temperature.
  - A forehead (temporal) scanner is usually 0.5°F to 1°F lower than an oral temperature.
- Sanitize the thermometer in between each use with an alcohol swab.
- If you get an abnormal reading, try it again.