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***Department of Public Health,***

**Health Service Executive XXX,**

**XXX,**

**XXX.**

* **XXX-XXX XXX**

** XXX-XXX-XXX**

**public.health@hse.ie**

**TEMPERATURE CHART MONITORING**

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Record your temperature twice a day for 10 days. See overleaf for instructions.**

|  |  |  |
| --- | --- | --- |
|  | **Time** | **Reading** |
| **Date – Day 1** | **AM** |  |
|  | **PM** |  |
| **Date – Day 2** | **AM** |  |
|  | **PM** |  |
| **Date – Day 3** | **AM** |  |
|  | **PM** |  |
| **Date – Day 4** | **AM** |  |
|  | **PM** |  |
| **Date – Day 5** | **AM** |  |
|  | **PM** |  |
| **Date – Day 6** | **AM** |  |
|  | **PM** |  |
| **Date – Day 7** | **AM** |  |
|  | **PM** |  |
| **Date – Day 8** | **AM** |  |
|  | **PM** |  |
| **Date – Day 9** | **AM** |  |
|  | **PM** |  |
| **Date – Day 10** | **AM** |  |
|  | **PM** |  |

**If you develop any of the following symptoms:**

* **Fever (38ºC or 100.4ºF or higher)**
* **Flu like symptoms (cough, runny nose, sore throat, temperature or aches and pains)**
* **Diarrhoea, stomach pains, vomiting**
* **Conjunctivitis (pink eye)**

**Up to ten days after your last contact with poultry/wild birds, contact the Public Health Doctor on 091-775200, Monday to Friday 9am – 5 pm or Out of Hours (087)6504456.**

**If you are asked to go to the GP’s surgery/A&E you may be asked to wait in a room apart from other patients and may be asked to wear a facemask. This is done if you are coughing or sneezing to prevent you passing on germs to other patients.**

**If you have been in contact with suspected/infected birds you should remember the following points to help prevent the spread of infection.**

* **Avoid touching the face including the eyes and mucous membranes with the hands**
* **Wash hands frequently: this means washing with soap and running water for a minimum of 15-20 seconds or the use of an alcohol based hand sanitizer if the hands are not visibly soiled.**
* **Do not visit farms or unaffected locations to avoid the spread of contaminated materials.**

**TAKE TEMPERATURE BY ORAL, UNDERARM (AXILLARY) OR RECTAL METHOD**

**Oral Method:**

Place thermometer probe under tongue. Probe tip should rest in "correct area" as shown in diagram. Hold the thermometer in the same spot under your tongue with your mouth closed for one minute. Ensure that temperature is taken at least 30 minutes after hot drinks or smoking.

= correct area, x = incorrect areas

**Underarm (Axillary) Method:**

(Alternative method for babies or very young children. Although simpler, the axillary method is less accurate and takes longer.)

Make sure the underarm is dry and there is no material between the chest and arm. Point the thermometer upward and place the tip well into the patient's underarm. Fold patient's arm over chest to hold the thermometer in place and keep air away from the underarm. Hold thermometer in place for **a full 4 minutes** when using the underarm method.

Many people find hugging the child while taking the temperature helps assure it is taken correctly and also comforts the child.

**Rectal Method:**

(Recommended for babies or very young children who breathe through their mouth)

Lubricate the tip of the thermometer with a water soluble jelly such as K-Y® Jelly. Do not use petroleum jelly. The patient should lie on his/her side, knees slightly bent. If the patient is a baby, place the infant on its stomach with legs hanging down, either across your knees or at the edge of a bed or changing table. This positions the baby's rectum properly for safe and easy insertion of the thermometer.

With one hand, gently slide the tip of the thermometer no more than 1/2 inch into the rectum. If you detect resistance of any kind, STOP. Hold thermometer in place during temperature measurement. Once used rectally, the thermometer should not be used orally, for sanitary reasons.