

CEAT Guidelines for Use of Non-Contact Thermometers and Pulse Oximeters

**Procedures
CCB-010
Effective Date: 6/8/21**

- 1.01 The purpose of these guidelines is to ensure that non-contact thermometers and pulse oximeters are used appropriately.
- 1.02 The use of the non-contact forehead thermometer and the pulse oximeter is voluntary. The intent of placing these devices in each CEAT unit and department is to assist an individual monitor their temperature, pulse rate, and blood oxygen saturation. Each person using the thermometer and the pulse oximeter should consult with their health care provider when making any decision based on the data from the thermometer and/or pulse oximeter.
- 1.03 Before using either device, review the directions provided.

Non-Contact Forehead Thermometer

- 2.01 The Simzo Non-Contact Forehead Thermometer is designed to take an accurate temperature without contacting the skin thereby reducing the chance of transmission of the virus. The thermometer will display the temperature in either F or C.
- 2.02 Unless necessary, the thermometer should only be used by one (1) person at a time. It is designed so that a person is may take their own temperature without assistance.
- 2.03 Prior to using the thermometer, wash hands thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer to disinfect both hands. In addition, use a disinfectant wipe to clean the handle of the thermometer. Avoid touching the screen or the front of the device with a wipe.
- 2.04 To take the temperature, push the mode button until the display clears. Place the front of the thermometer approximately 2-3” (5-8 cm) from the forehead. Do not touch the thermometer to the skin. Press the trigger and wait for a beep. Check the temperature. If the reading is below your normal temperature, retake the temperature ensuring the thermometer is 2-5” from the forehead and holding the thermometer still. For example, you take your temperature and it indicates 91.5 F. This is well below 98.6 F and most likely an inaccurate reading, so you should retake your temperature.
- 2.05 If the reading is 100.4 F (38 C) or greater, retake the temperature. If the second reading is 100.4 F (38 C) or greater, immediately notify your supervisor and go home. Inform your supervisor that you used the thermometer and that it needs to be disinfected. Avoid close contact with others and with equipment, furniture, etc. Contact University Health Services at 744-7287 and inform them of the situation. The nurse will provide further directions.

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- 2.06 An elevated temperature may not be due to a COVID infection. In all cases, you should consult a health care provider to determine the best action for your situation.
- 2.07 If the reading is below 100.4 F (38 C), take time to clean the thermometer handle and return to its container. After cleaning the thermometer, wash hands thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer to disinfect both hands.

Pulse Oximeter

- 3.01 The Ankovo pulse oximeter is designed to take accurately measure the heart rate (pulse) and the oxygen saturation level of the blood. The pulse oximeter is designed for individual use, so no assistance is required.
- 3.02 Prior to using the pulse oximeter, wash hands thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer to disinfect both hands. In addition, use a disinfectant wipe to clean the surfaces of the oximeter which contact the finger.
- 3.03 To take your pulse and blood oxygen saturation, press and hold the button at the bottom of the digital screen until lines appear in the display. Open the device, insert your index or middle finger, and allow the device to close. Do not put pressure on the device. Allow several seconds for the results to be displayed.
- 3.04 Pulse and blood oxygen saturation levels vary with the individual. Pre-existing medical conditions may affect the readings. Consult with your health care professional to determine your acceptable ranges. If the blood oxygen saturation reading is below 90, and that is not within your normal range, or you are experiencing difficulty breathing, seek medical attention immediately.
- 3.05 After use, take time to clean all areas on the pulse oximeter you touched and return to its container. After cleaning the pulse oximeter, wash hands thoroughly with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based hand sanitizer to disinfect both hands.

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