

# GENERAL DYNAMICS

## NASSCO

### Inter-Department Memo

**DATE:** May 18, 2020  
**TO:** Distribution  
**SUBJECT:** Distribution of Forehead Thermometers  
**FROM:** NASSCO Communications

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Forehead thermometers are being distributed today for employees who would like to check their own temperatures before coming to work. If your temperature is 100°F or above, please do not come into work.

How to use forehead thermometers:

1. Peel off backing and apply to clean forehead
2. Wait 15 seconds
3. Green: Correct temperature
4. If you do not see green, blue or tan colors will appear:  
Blue: add 1°F  
Tan: subtract 1°F

If you have a fever, or any other COVID-19 symptoms:

1. Contact your healthcare provider
2. NASSCO employees please report in to the COVID-19 reporting line at (619) 544-8585
3. Subcontractors please contact your employer.

Remember to wear your face coverings while at NASSCO facilities and regularly wash them.

More information for the forehead thermometers can be found below, and on the attached document.



## EASY-TO READ FOREHEAD THERMOMETERS

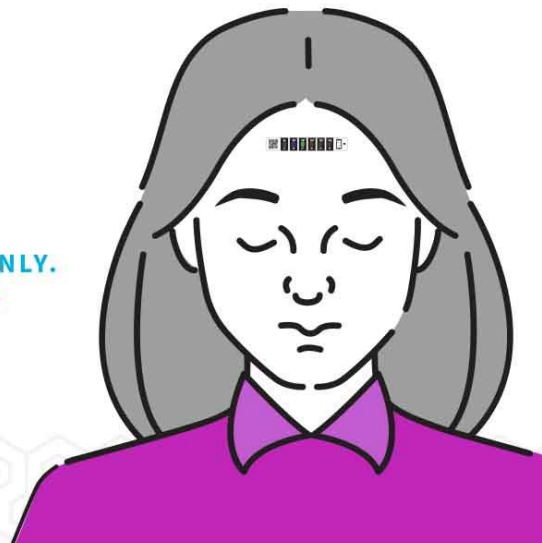
### INSTRUCTIONS

Thermometers should be used indoor and at room temperature (approximately 68° - 86°F). Avoid direct sunlight or strong heat when taking temperature. Do not take temperature if individual has been eating, drinking or exercising within the last 30 minutes due to the possibility of temperature fluctuation.

- 1. Peel thermometer from the backing and apply to clean/dry forehead. Color will begin developing within 15 seconds.**
- 2. Read thermometer while on forehead:**
  - **Green: correct temperature**
  - **If you do not see green, blue or tan colors will appear:**
    - Blue: add 1°F**
    - Tan: subtract 1°F**

**ALWAYS CONSULT YOUR  
PHYSICIAN IF A FEVER EXISTS.**

**TO BE ADMINISTERED BY ADULTS ONLY.  
KEEP OUT OF REACH OF CHILDREN.**



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