

How to Disinfect a Thermometer

It is important to clean your thermometer before and after each use to prevent transferring bacteria and viruses to other family members. The transfer of these bacteria's and viruses can also re-infect healthy family members.



Rinse the end of a stem or pacifier thermometer with cool water.

After using your thermometer, run the end that was in contact with the body, which is called the stem, under cold water for 1 or 2 minutes. This will start removing any germs or bacteria that are on the surface.

Be sure to keep any digital parts, such as the display, out of the water while you rinse the thermometer.

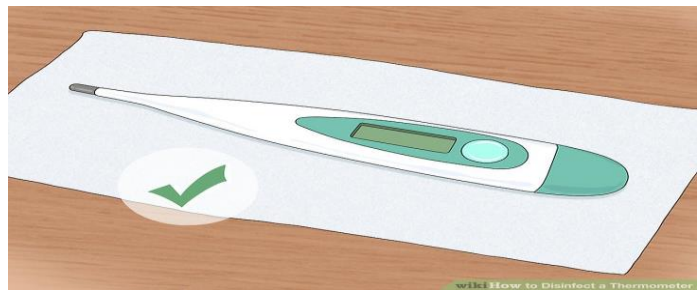
Wipe down the thermometer with rubbing alcohol. Put rubbing alcohol on a cotton ball or cotton pad. Rub it up and down the whole surface of the thermometer, cleaning the body and the stem. Make sure to thoroughly clean the entire surface. Be sure to clean the sensor of an infrared thermometer with alcohol.



Thermometers that take your temperature by testing through the skin, such as a forehead or ear thermometer, have a sensor that needs to be cleaned. Cover the end of a cotton swab or a small piece of cloth with rubbing alcohol. Rub it on the sensor surface until it looks shiny and clean. Rubbing alcohol will kill any germs that are on the thermometer.



Rinse the stem or pacifier end of the thermometer to remove the alcohol. Give the stem a quick rinse to wash away the small amount of alcohol that will be left behind on the thermometer. Make sure not to submerge the thermometer if it is digital, as this can damage or completely break it.



Allow the thermometer to dry before putting it away.

After the thermometer has been cleaned, it's important to let it dry before putting it back in a case or a drawer. Simply set it out to air dry, as using a towel increases the risk of introducing new germs or bacteria to the surface.

Tip: If you need to put the thermometer away right away, use a clean, soft cloth to wipe it off before putting it in its case.

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Can you disinfect your Digital thermometer with Hydrogen Peroxide?

WHAT IS HYDROGEN PEROXIDE?

Hydrogen Peroxide is basically the same chemical make up as water but with an extra oxygen atom (Hydrogen Peroxide H_2O_2). Because of this it breaks down quickly and harmlessly into water and oxygen. Hydrogen Peroxide has antibacterial and antiviral qualities, it's also a strong bleach. It works better than white vinegar rubbing alcohol, acetic acid and is less toxic than Clorox healthcare industry uses!

HOW?

Disinfecting Soak with Hydrogen Peroxide

In addition to spraying on surfaces, you can create a disinfecting soak of 3% hydrogen peroxide.

1. Simply fill a cup with hydrogen peroxide.
2. Soak your thermometers (only the tips of digital ones), children's toys, toothbrushes, retainers, etc., for 10 to 20 minutes.
3. Dry and use as usual.

Can digital thermometer be washed with regular soap and water if I don't have anything else?

You can clean your **digital thermometer** before and after you use it with lukewarm soapy water.

1. rinse with cool water 1-2 minutes.
2. Wash your hands with warm soapy water 20-30 seconds.
3. Wash the tip of your digital thermometer with warm soapy water.
 - Take care not to get the digital parts of your thermometer wet this will damage your thermometer.

TIPS

1. Never use bleach on your digital thermometer.
2. Never use any household cleaning product on your digital thermometer
3. Never use boiling or extremely hot water on your digital thermometer sensor damage may occur.