| 10/14/2014 16:54:35 | 5499       | 98.6 Well | _         |                                 |          |
|---------------------|------------|-----------|-----------|---------------------------------|----------|
| 10/14/2014 21:40:58 | 5499       | 96.6 Well |           |                                 |          |
| 10/14/2014 22:37:36 | 5499       | 96.1 Well |           |                                 |          |
| 10/14/2014 23:58:07 | 5499       | 96.8 Well |           |                                 |          |
| 10/15/2014 12:06:21 | 5499       | 97.8 Well |           |                                 |          |
| 10/15/2014 13:18:10 | 5499       | 97.4 Well |           |                                 |          |
| 10/15/2014 14:34:40 | 5499       | 97.8 Well |           |                                 |          |
| 10/15/2014 16:38:12 | 5499       | 98 Well   |           |                                 |          |
| 10/15/2014 19:04:47 | 5499       | 96.9 Well |           |                                 |          |
| 10/15/2014 23:52:42 | 5499       | 97.5 Well |           |                                 |          |
| 10/15/2014 8:43:07  | 1384       | 99.5 Well |           |                                 |          |
| 10/15/2014 12:32:30 | 1384       | 96.9 Well |           |                                 |          |
| 10/15/2014 13:22:12 | 1384       | 96.9 Well |           |                                 |          |
| 10/14/2014 19:55:59 | 1355       | 97.2 Well |           |                                 |          |
| 10/14/2014 22:33:28 | 1355       | 97.4 Well |           |                                 |          |
| 1015/2014 8:43:42   | 1355       | 97 Well   |           |                                 |          |
| 10/15/2014 12:32:04 |            |           |           |                                 |          |
| 10/15/2014 13:23:27 |            |           |           |                                 |          |
| 10/15/2014 15:49:42 | 106        |           |           |                                 |          |
| 10/15/2014 22:13:47 |            |           |           |                                 |          |
| 10/15/2014 23:00:44 | 104        |           |           |                                 |          |
| 10/16/2014 8:31:57  | -          |           |           |                                 |          |
| 10/16/2014 9:20:07  | 102        |           |           |                                 |          |
| 10/16/2014 10:50:02 | 102        |           |           |                                 |          |
| 10/16/2014 11:28:10 |            |           |           |                                 |          |
| 10/16/2014 14:27:42 | g. 100     |           |           |                                 |          |
| 10/14/2014 16:35:22 | e          |           | Å         |                                 |          |
| 10/14/2014 17:38:22 | 98         |           | /\ /      | ١.                              |          |
| 10/14/2014 19:35:39 |            | 1000      | 41 /      | W                               |          |
| 10/14/2014 21:46:50 | % l        | V 7       |           |                                 |          |
| 10/15/2014 9:34:07  | 200        | 1         | 4         | ~                               |          |
| 10/15/2014 11:29:28 |            |           |           |                                 |          |
| 10/15/2014 12:54:22 | 94         |           | 4         |                                 |          |
| 10/15/2014 14:00:58 |            |           |           |                                 |          |
| 10/15/2014 15:24:46 | 92         |           |           | TV00 07400                      |          |
| 10/15/2014 17:25:54 | 011/2      | 130       | off Jill  | Rose take your teroscopie (17)  | on on    |
| 10/15/2014 18:38:35 | OE IT DILA | on the on | In Outlin | ran arya matatree(1)            | od latin |
| 10/15/2014 19:00:44 | 0          | 0. 0.     |           |                                 | Φ.       |
| 10/15/2014 20:17:49 | 1434       | 10 1161   | _         | base take your temperature (17) |          |
| 10/15/2014 21:18:09 | 1234       | 99 Well   |           | m teleg. • well O Sick          |          |
| 10/16/2014 9:00:23  | 1234       | 94.5 Well |           | • mel O Sick                    |          |
| 10/16/2014 11:10:43 | 1234       | 95 Well   |           | Sec                             |          |
| 10/16/2014 13:28:12 | 1234       | 98.2 Well |           |                                 |          |
| 10/16/2014 14:28:17 | 1234       | 95 Well   |           |                                 |          |
| 10/16/2014 16:16:34 | 5499       | 98.4 Well |           |                                 |          |
| 10/16/2014 14:28:17 | 1234       | 95 Well   | _         | - 1                             |          |

| Start date:        |  |
|--------------------|--|
|                    |  |
| Reading frequency: |  |
|                    |  |
|                    |  |
| Health agency:     |  |
| Contact person:    |  |
| Phone number:      |  |
|                    |  |
|                    |  |



# [Sample] User Guide

## The Temperature Data Trends App

Temperature Data Trends (TDT) is a mobile app that makes it easy to share your temperature readings and health status with assigned public health officials. The information you enter is transmitted to your public health agency. There, officials will monitor your status and may contact you for more information.

Use the provided thermometer and follow your assigned schedule. The app will give you reminders at regular intervals.

Remember: Do not eat or drink anything immediately before taking your temperature.

## Requirements

To use the app, you'll need:

| An <b>Android</b> | device (phone,  | tablet, | or computer)  | that's | connected | to the |
|-------------------|-----------------|---------|---------------|--------|-----------|--------|
| Internet and      | compatible with | the God | ogle Play Sto | re     |           |        |
| <br>              |                 |         |               |        |           |        |

☐ An **email account** that you can access on your Android device

☐ A **thermometer** approved by your public health agency

## **Getting Started**

You'll receive an email from your public health agency that contains instructions, a link for installing the mobile app, and a link that activates the app once it's installed. **Read the email carefully, then:** 

- Click the installation link in the email to go to the Play Store. Follow
  the instructions there to install the TDT app, just like any other app you
  may have installed. When the installation is finished, go back to the
  email.
- 2. Click the activation link in the email, which tells the app your User ID (which is assigned by the public health agency) and where to transmit your data. Clicking the link should bring up a choice of several apps, similar to that shown on the right. Select Temperature Data Trends, and click Just once. If your phone skips this box and tries to launch the link in a browser, go into Settings > Apps > Chrome (or other browser) and under Launch by default uncheck the default



setting. Then go back to the email and try the link again.

 Accept the Terms of Service, carefully read the instructions, and confirm that your User ID is correct. That's it – you're ready to start entering data.

## Using the App

To use the app, type in your temperature and select *Well* or *Sick*. If you select *Sick*, you'll see checkboxes for specific symptoms, and any symptoms you check are submitted along with your reading. You can select *Sick* even if you have none of the listed symptoms. If you select *Well* again, the list of symptoms goes away and any checked symptoms are not submitted.

When you've entered the data, click the **Submit** button to send your reading to the public health agency.

You can enter a reading at any time by clicking on the TDT icon to activate the app. You'll find it with all your other apps in the Android App Drawer.

At regular intervals, the data-entry screen will appear and you'll receive an Android notification. To ignore the prompt, use the Android Home button or Back button.



The data-entry screen

Your public health agency will let you know how many daily readings to take.

#### **Notes**

- Depending on your device settings, the notification may vibrate, make a sound, or display a small TDT icon in the notification area of your home screen. To disable the notification, go into your Android Settings, choose Apps, click on the Temperature Data Trends app, and uncheck the box for Show notifications. This disables notifications, but the data-entry screen will still pop up at regular intervals.
- The app restarts automatically when you restart or reboot your device. If it doesn't, you can manually start it by clicking on the app icon.
- If you have trouble using the app, reach out for assistance using the contact information at the back of this pamphlet.
- App updates may appear in your notifications from time to time. When they
  do, follow the directions to install them.
- Uninstall the app. When your observation period is finished, on your Android home screen, click the Android menu button, choose Manage apps, then select Temperature Data Trends. Click Uninstall, then OK to confirm.