Start date: _____

Stop date: _____

Reading frequency: _____

Health agency: _____

Contact person: _____

Phone number: _____

Email: _____

Website: _____

TEMPERATURE DATA TRENDS

[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.
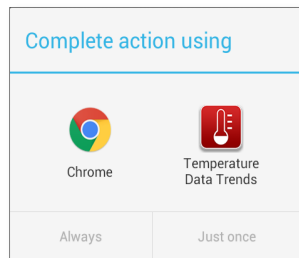
Requirements

To use the app, you'll need:
- ❏ An **Android device** (phone, tablet, or computer) that's connected to the Internet and compatible with the Google Play Store
- ❏ 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:**

1. **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.

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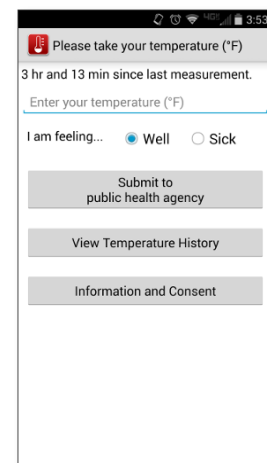
Using the App

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.