

GM-200F

User Manual

Infrared Forehead Thermometer



Thank you for purchasing the Non-Contact Infrared Forehead Thermometer (GM-200F). The Forehead thermometer is a high quality product incorporating the latest technology and tested in accordance with international standards. It measures infrared energy radiated from the skin above the eyebrow area and the surrounding tissue. It has been clinically tested and proven to be safe and accurate when used in accordance with its operating instruction manual.

The Forehead thermometer is indicated for intermittent measurement and monitoring of temperature for people of all ages. It is intended for household use only. Being multi-functional, it can also measure room and object temperature, such as milk.

Please read these instructions carefully before using this product and keep the instructions and the thermometer in a safe place.

WARNINGS AND PRECAUTIONS

Keep out of reach of children under 12 years.

Do not use this thermometer on infants under 3 months

Never use the thermometer for purposes other than those it has been intended for. Please follow the general safety precautions when using it on children.

Never immerse the Forehead thermometer into water or other liquids (not waterproof). For cleaning and disinfecting please follow the instructions in the "Care and Cleaning" section.

Keep the thermometer away from direct sun exposure and keep it in a dust-free, dry, and well-ventilated place at a temperature between 10°C (50°F)-40°C (104°F).

Do not use the thermometer if there are signs of damage on the measuring sensor or on the instrument itself. If damaged, do not attempt to repair the instrument! Please contact seller.

This Forehead thermometer consists of high-quality precision parts. Do not drop the instrument. Protect it from severe impact and shock. Do not twist the instrument or the measuring sensor.

Please consult your doctor if you see symptoms such as unexplained irritability, vomiting, diarrhea, dehydration, changes in appetite or activity, seizure, muscle pain, shivering, stiff neck, pain when urinating, etc., even in the absence of fever.

Even in the absence of fever, those who exhibit a normal temperature may still need to receive medical attention. People who are on antibiotics, analgesics, or antipyretics should not be assessed solely on temperature readings to determine the severity of their illness.

Temperature elevation may signal a serious illness, especially in adults who are old, frail, and have a weakened immune system, as well as neonates and infants. Please seek professional advice immediately when there is a temperature elevation and if you are taking temperature of those who are:

- Over 60 years of age (Fever may be blunted or even absent in elderly patients)
- Having diabetes mellitus or a weakened immune system (e.g., HIV positive, cancer, chemotherapy, chronic steroid treatment, splenectomy)
- Bedridden (e.g., Nursing home patients, stroke, chronic illnesses)
- A transplant patient (e.g., liver, heart, lung, kidney)

This thermometer is not intended for pre-term babies or small-for-gestational age babies. This thermometer is not intended to interpret hypothermic temperatures. Do not allow children to take their temperatures unattended.

Use of this Forehead thermometer is not intended as a substitute for consultation with your physician or pediatrician.

What are the advantages of using this thermometer?

Quick response

The innovative infrared technology allows temperature measurement in less than 1 second.

Accurate and reliable

Advanced infrared temperature sensor, with high sensitivity.

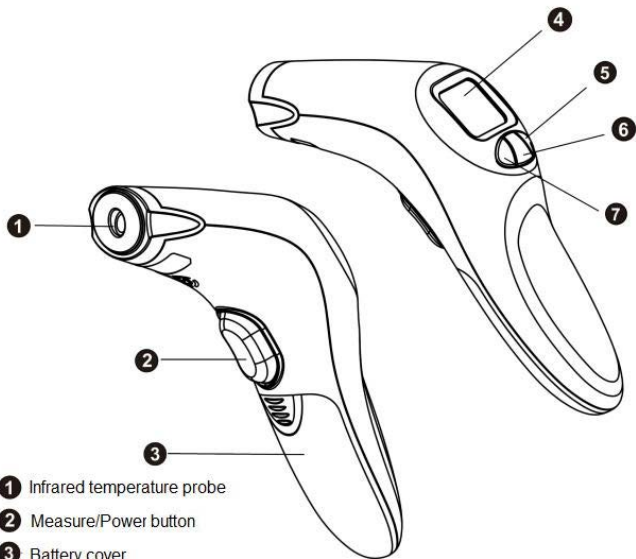
Easy to use

The Forehead thermometer is non-invasive, less threatening to a child than a rectal thermometer, and easier to use than other methods. Its handheld design facilitates ergonomic operation. Measurement can be taken even while a child is sleeping.

Safe and hygienic

The non-contact thermometer helps minimize the spreading of germs. Completely safe for children and adults.

Product Structure



- ① Infrared temperature probe
- ② Measure/Power button
- ③ Battery cover
- ④ LCD display screen
- ⑤ Mute/Un-mute button
- ⑥ Mode/Menu button
- ⑦ °C/°F button

How to use your forehead thermometer?

First time use: Remove battery insulation strip.

1. Turn thermometer on

Press and release the **measure/power button** once.

2. Position thermometer above forehead

Clean the forehead from hair, sweat, and dirt. Aim scanner at the center of the forehead, just above the middle of the eyebrow. Position it approximately 1-5 cm from the forehead (or object when measuring an object).

3. Measure temperature

Select the measurement mode by using the **mode/menu button**.

The  symbol indicates the forehead mode.

The  symbol indicates the object mode.

Press the **measure/power button**, hold for 1 second and then release it. Thermometer beeps once (during the un-mute mode) when measurement is complete.

4. Read temperature

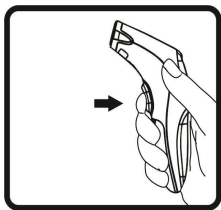
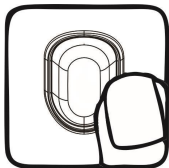
Read the temperature after a beep is heard.

Forehead mode:

a. Default fever alert threshold is 37.6°C (adjustable).

b. T indicates temperature reading.

1. If $34.9^{\circ}\text{C} \leq T < 37.6^{\circ}\text{C}$, the thermometer gives a long beep, and the white background light is on for 3 seconds.



2. If $37.6^{\circ}\text{C} \leq T \leq 42.2^{\circ}\text{C}$, the thermometer gives three quick short beeps, the white background light is on for 3 seconds, and the screen flashes.

Object mode:

If $0.0^{\circ}\text{C} \leq T < 100.0^{\circ}\text{C}$, the thermometer gives a long beep, and the white background light is on for 3 seconds.

1) After each measurement, you can enter the recall mode and check previous temperature readings by holding the **mode/menu button** for more than 2 seconds until "F-1" is displayed. Then press the **mute/un-mute** or **°C/°F button** to check the data.

2) If you want to set the temperature compensation, after "F-1" is displayed, press the **mode/menu button**. Then "F-2" is displayed, press the **mute/un-mute** or **°C/°F button** to decrease or increase $0.1^{\circ}\text{C}/^{\circ}\text{F}$ each time. The adjustable range is $\pm 2^{\circ}\text{C}/^{\circ}\text{F}$.

3) Fever alert threshold settings. When "F-2" is displayed, press the **mode/menu button**. Then "F-3" is displayed, press the **mute/un-mute** or **°C/°F button** to decrease or increase $0.1^{\circ}\text{C}/^{\circ}\text{F}$ each time. The adjustable range is $35.0^{\circ}\text{C}-42.0^{\circ}\text{C}$ ($95.0^{\circ}\text{F}-107.6^{\circ}\text{F}$).

To repeat measurement

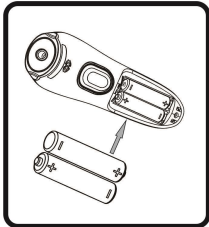
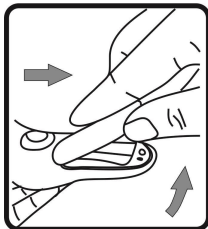
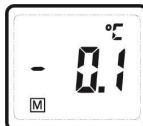
Go to step 3.

5. Auto shut off

The unit will shut down automatically after 30 seconds of no use.

6. Replacing batteries.

Slide the battery cover off along the marked direction. Put two AAA batteries correctly into the compartment.



Remove batteries if the thermometer will not be used for more than two months.

Temperature taking tips

It is important to know each individual's normal temperature when they are well. This is the only way to accurately diagnose a fever. Record readings twice a day (early morning and late afternoon). Take the average of the two temperatures to calculate normal oral equivalent temperature. Always take the temperature in the same location since the temperature readings may vary from different locations on the forehead.

Normal temperature is a range. The range of normal also varies from one person to another and fluctuates throughout the day. It is therefore important to determine your normal temperature range. A person's normal temperature range tends to decrease with age.

A child's normal temperature can be as high as 99.9°F (37.7) or as low as 97.0°F (36.11). Please note that this unit reads 0.5°C (0.9°F) lower than a rectal digital thermometer.

Patients should stay in a steady-state room condition for at least 30 minutes.

Note: Patients and thermometer should be in the same ambient temperature for at least 10 minutes.

Always hold the thermometer and forehead steady when taking a reading. Do not remove the thermometer from the forehead/object before releasing the **"measure/power button"**.

Do not take a measurement while or immediately after nursing a baby.

Do not use the Forehead thermometer in high humidity environments.

Patients should not drink, eat, or be physically active before/while taking the measurement.

Before placing the thermometer sensor onto the forehead, remove dirt, hair, or sweat from the forehead area. Wait 10 minutes after cleaning before taking measurement.

Use an alcohol swab to carefully clean the sensor and wait for 5 minutes before taking a measurement on another patient. Wiping the forehead with a warm or

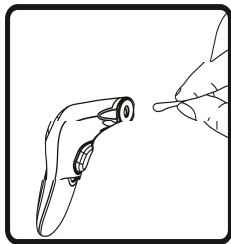
cool cloth may impact your reading. It is advised to wait 10 minutes before taking a reading.

In the following situations it is recommended that 3-5 temperatures in the same location be taken and the highest one taken as the reading:

- Newborn infants in the first 100 days.
- Children under three years of age with a compromised immune system and for whom the presence or absence of fever is critical.
- When the user is learning how to use the thermometer for the first time until he/she has familiarized himself/herself with the instrument and obtains consistent readings.

Care and cleaning

Use an alcohol swab or cotton swab moistened with alcohol to clean the thermometer casing and the measuring probe. After the alcohol has completely dried out, you can take a new measurement. Ensure that no liquid enters the interior of the thermometer. Never use abrasive cleaning agents, thinners, or benzene for cleaning and never immerse the instrument in water or other cleaning liquids. Take care not to scratch the surface of the LCD.






Calibration



The thermometer is initially calibrated at the time of manufacture. If this thermometer is used according to the instructions, periodic re-adjustment is not required. If, at any time, you question the accuracy of the temperature measurements, please contact seller.

This thermometer was designed and manufactured for a long service life, however it is generally recommended to have it inspected once a year by the Authorized Service Center located in your country to ensure correct function and accuracy.

Errors and Troubleshooting

Symptom	Possible Cause	Description & Solution
Fail to turn on	The battery level is too low.	Replace batteries

Symptom	Possible Cause	Description & Solution
	Polarities of the batteries are reversed.	Ensure the batteries are in the right position
"Er4" is displayed.	Memory Error	Contact manufacturer.
The reading is too low	The lens of the probe is dirty.	Clean the lens with a cotton swab.
	The distance of the item and target is too far	Keep the distance within 1-5cm
	You have just come from a cold environment	Stay in a warmer room for at least 30 minutes before taking a reading
The reading is too high	You have just come from a hot environment.	Stay in an adequately cool room for at least 30 minutes before taking a reading
	The ambient temperature is not in range	Take a measurement under an ambient temperature between 10°C (50.0°F) and 40°C (104°F).
	In the object mode, temperature reading > 100°C (212.0°F)	The thermometer gives two short beeps.
	In the forehead mode, temperature reading > 42.2°C (109.9°F)	
	In the object mode, temperature reading < 0°C (32.0°F)	The thermometer gives two short beeps.
	In the forehead mode, temperature reading < 34.9°C (94.8°F)	

Symptom	Possible Cause	Description & Solution
	The battery level is low, but the thermometer can still be used.	Replace batteries
	The power voltage is lower than 2.5 V± 0.1V.	Replace batteries

Specifications

Product Name	Non-Contact Infrared Forehead Thermometer
Power Supply Mode	Internal power supply
Operating Voltage	DC 3V
Battery Model	AAA x 2
Battery Life	Alkaline dry battery for around 20,000 measurements
Operating Mode	Continuous operating
Power Consumption	< 60 mW
Display	Segment LCD
Emissivity	0.95
Measuring Distance	1-5 cm
Measuring Range	Forehead: 34.9°C–42.2°C (94.8°F–107.9°F)
	Object: 0.0°C–100.0°C (32.0°F–212.0°F)
Accuracy	±0.3°C (±0.6°F)
Resolution	0.1°C (0.1°F)
Memory	20 temperature readings






Product Name	Non-Contact Infrared Forehead Thermometer
Low-battery Alert	The low-battery symbol is displayed if the power voltage is lower than 2.5 V±0.1V.
Automatic Power-off	The thermometer automatically powers off if it is not used within 30±1 seconds.
Outer dimensions (mm)	160×56×46
Weight (g)	97.4 g (with batteries)
Operating Environment	Temperature: 10°C–40°C (50°F–104°F)
	Humidity: 15%–85% RH, non-condensing
	Atmospheric pressure: 86–106 kPa
Storage and Transportation	Temperature: –10°C to +50°C (14°F–122°F)
	Humidity < 93% RH, non-condensing
	Atmospheric pressure: 50–106 kPa
Waterproof level	IPX0
Accessories	Thermometer*1, storage bag*1, 2*AAA batteries, user manual*1



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Symbols

Symbol	Description
	Type BF applied part.
	Attention must be paid.

Symbol	Description
	Information about a manufacturer, such as name and address.
	Please read the instructions carefully.
	Waste electrical materials should be sent to a dedicated collection point for recycling.
 Warning	A personal injury or thermometer damage may occur if the thermometer is not correctly used.
 Attention	Inaccurate reading or thermometer damage may occur if the thermometer is not correctly used.



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