

# INFRARED THERMOMETER

|             | TEMPERATURE READINGS |        |       |                |                |                |                      |                      |       |
|-------------|----------------------|--------|-------|----------------|----------------|----------------|----------------------|----------------------|-------|
|             | Ceiling              | Floors | Walls | Window seals 1 | Window seals 2 | Window seals 3 | Outside door seals 1 | Outside door seals 2 | Other |
| Living room |                      |        |       |                |                |                |                      |                      |       |
| Dining rom  |                      |        |       |                |                |                |                      |                      |       |
| Kitchen     |                      |        |       |                |                |                |                      |                      |       |
| Fridge      |                      |        |       |                |                |                |                      |                      |       |
| Freezer     |                      |        |       |                |                |                |                      |                      |       |
| Bedroom 1   |                      |        |       |                |                |                |                      |                      |       |
| Bedroom 2   |                      |        |       |                |                |                |                      |                      |       |

Home Health Self-Assessment Kit – Record sheets

|                                     |  |  |  |  |  |  |  |  |  |
|-------------------------------------|--|--|--|--|--|--|--|--|--|
| Bedroom 3                           |  |  |  |  |  |  |  |  |  |
| Bedroom 4                           |  |  |  |  |  |  |  |  |  |
| Bathroom                            |  |  |  |  |  |  |  |  |  |
| Hot water cylinder                  |  |  |  |  |  |  |  |  |  |
| Hot water at tap<br>Do not submerge |  |  |  |  |  |  |  |  |  |
| Other 1<br>.....                    |  |  |  |  |  |  |  |  |  |
| Other 2<br>.....                    |  |  |  |  |  |  |  |  |  |
| Other 3<br>.....                    |  |  |  |  |  |  |  |  |  |

Cold spot location: