



Personal Warning Temperature System



A tool to assist
Camp Directors in
providing a safe
healthy environment
for staff and campers in
the age of COVID-19



December 2020

Table of Contents

PERSONAL TEMPERATURE FACTS PAGE 3

THE PWT SYSTEM- WHAT IS IT? PAGE 4

SUMMER CAMP USE CASE PAGE 5

BENEFITS PAGE 6

IMPLEMENTATION PAGE 7



Personal Temperature Facts

FOR CENTURIES, 98.6 DEGREES FAHRENHEIT (37 C) WAS SAID TO BE THE AVERAGE, NORMAL BODY TEMPERATURE. HOWEVER, MORE RECENTLY, RESEARCHERS HAVE KNOWN NORMAL BODY TEMPERATURE IS ACTUALLY LOWER THAN 98.6 AND CAN VARY BY GENDER, SIZE, AGE, TIME OF DAY AND OTHER FACTORS.

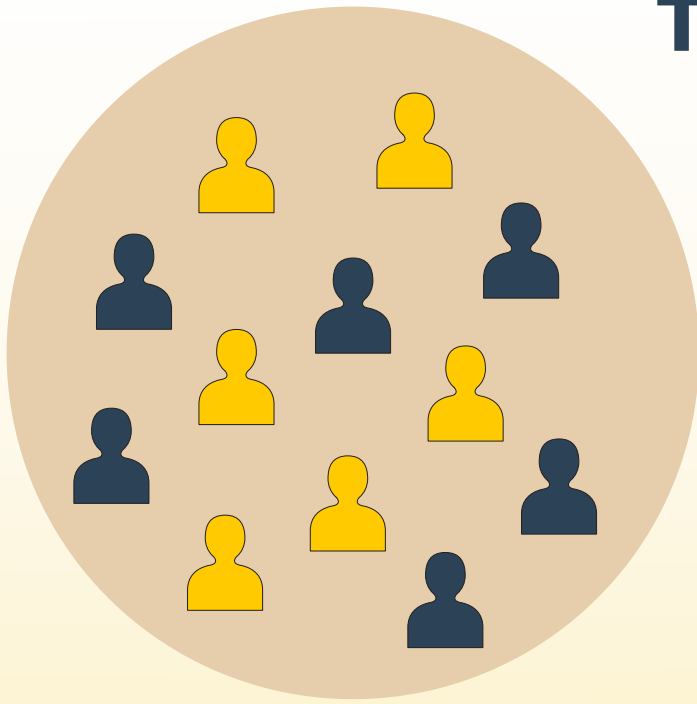


HOWEVER, MORE RECENTLY, RESEARCHERS HAVE KNOWN THAT THE NORMAL BODY TEMPERATURE IS ACTUALLY LOWER THAN 98.6 AND CAN VARY BY GENDER, SIZE, AGE, TIME OF DAY, AND OTHER FACTORS.



WITH CURRENT RESEARCH SHOWING THAT BODY TEMPERATURE HAS ALSO DROPPED SINCE THE 1970S.

CURRENT RESEARCH SHOWS BODY TEMPERATURE HAS NOT ONLY DROPPED SINCE GERMAN PHYSICIAN CARL REINHOLD AUGUST WUNDERLICH'S STUDY IN 1851 ESTABLISHED THE AVERAGE BODY TEMP AS 98.6 DEGREES, BUT IT HAS ALSO DROPPED SINCE THE 1970S. 100.4 DEGREES WAS WIDELY ADOPTED AS THE DEFINITION OF A FEVER BASED ON ADDING 1-DEGREE CELSIUS (1.8 DEGREES FAHRENHEIT) TO 37 C (98.6 F).

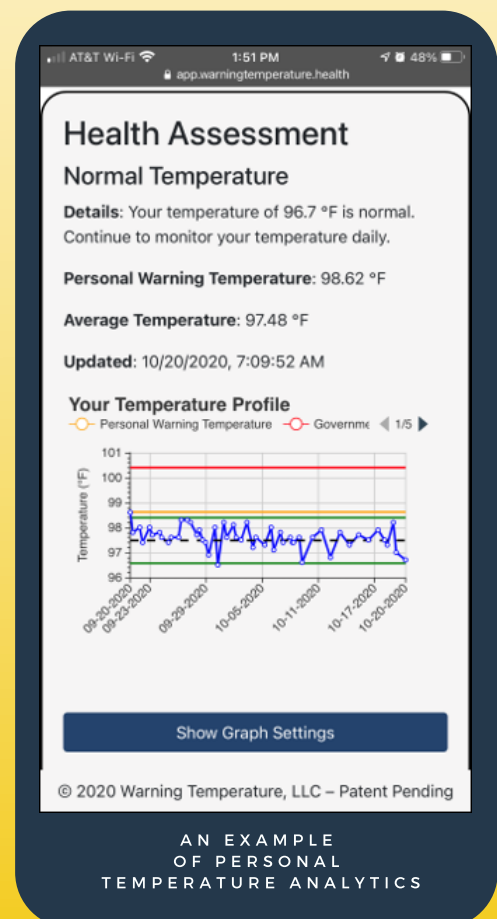


Therefore, **100.4 is much too high to declare a fever symptom and one size doesn't fit all,** thus missing a large number of **potentially contagious individuals.**

THE PWT SYSTEM WHAT IS IT?

The Personal Warning Temperature System (referred to as PWT) is a web-based personal body temperature recording and analysis system for detecting potential illness before traditional symptoms appear.

The system is comprised of an oral thermometer(not provided), software database to record daily temperatures, and an algorithm to calculate an individual's average temperature and a warning temperature unique to them.



Summer Camp Use Case

A Great Addition To Your Camp's COVID-19 Safety Plan & Protocol

Why Do Camps Need It?

To implement a personal temperature warning system that will provide actionable data to the Camp Director for earliest possible identification of a potentially contagious camper based on elevated temperature in relation to their personal warning temperature.

- **Pre-camp** usage will calculate the incoming camper's personal average temperature for purposes of establishing a warning temperature prior to arrival.
- Usage **during** camp will compare daily readings against their warning temperature that can indicate infection and need for additional precautionary steps.



Benefits

Can help prevent summer camp shutdowns in 2021!

- Provides proof for regulators that an incoming camper does not have an elevated personal temperature upon arrival.
- Identifies a temperature above a camper's personal warning temperature leading to early quarantine and additional testing.
- This early identification can reduce the potential of virus spread by several days by not waiting for 100.4 degrees as the conventional measure of a fever.
- Reduces the time of exposure and chance of spread to the general population and potential camp shutdowns.



Implementation is Quick and Easy

Quick Start Guide

Thank you for using Personal Warning Temperature! Please read all instructions carefully.
For more information please visit www.warningtemperature.health

1 Activating Your Account

For account activation, please refer to the provided activation card in your kit.



2 Signing In

Log into your PWT account on app.warningtemperature.health

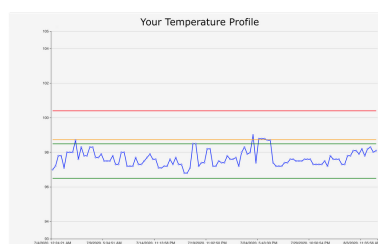
3 Taking Your Temperature

Using either our supplied oral thermometer or your own, take a temperature reading of yourself at the start and end of your day.



4 Logging Your Temperature

Each time you take your temperature, make sure to log it on the PWT app.



5 Your Personal Warning Temperature

After 10 temperature entries, PWT will establish your personal warning temperature. Continue using PWT to monitor your health and to keep yourself and others safe.

Our easy to follow
Quick Start Guide
and an example of a typical
PWT activation card

Activation Card

To activate your PWT account, **scan the QR code** using a smartphone **OR** navigate to app.warningtemperature.health/kit/signup and **enter the unique activation code** in the "Activation Code" field.

Unique Activation Code:

a6772e03-04ab-42e3
-a084-30ab7f0dd024



A Great Addition To Your
Camp's COVID-19 Safety Plan
& Protocol

The Ideal Solution for Camps– PWT & Testing

The nurse takes the temperature of each camper in the morning and logs it in the software database.

The nurse will get an alert if the camper's temperature is above their personal warning level.

If their temperature is above their personal warning temperature, the camper is isolated and continues taking their temperature more frequently.

If after a full day the temperature is still elevated, the user should get COVID tested.

If the test is negative and temperature is still high, the user keeps isolating and takes another test in a few days.



PWT achieves three critical things in this approach:

1. PWT may detect the only symptom (elevated temperature) the individual may have, thus encouraging more testing
2. By enforcing self-isolation based on PWT results, the risk of spreading during the early stages of infection are reduced
3. The detected elevated temperature encourages the re-taking of the COVID-19 test to account for false negatives

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<https://warningtemperature.health>



Personal Warning Temperature System

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