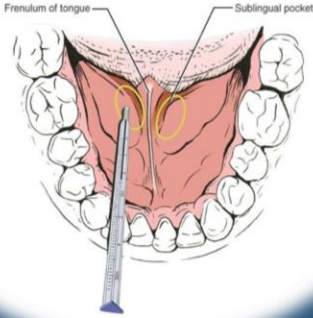


How to Take an Accurate Temperature



Correct placement of oral thermometer



TYMPANIC METHOD (in the ear)

The ear method is recommended for children older than 2 years old. Though quick to use, the ear method can produce temperature readings that are incorrect, even when the manufacturer's directions are followed. Several things can affect the reading in the ear including laying on one ear, an ear infection, wax build up, angle of the thermometer.

- Use a clean probe tip each time and follow the manufacturer's instructions carefully.
- Gently tug on the ear. This will help straighten the ear canal and make a clear path inside the ear to the ear drum.
 - For babies & toddlers: *gently* pull the ear back and down
 - For children & adults: *gently* pull the ear back, up, and out.
- Gently insert the thermometer until the ear canal is fully sealed off.
- Squeeze and hold down the button according to the device's directions.
- Take the temperature in both ears and use the highest reading.
- **A fever is 100.4°F.**

***General Tip:** The body temperature of a healthy person varies during the day by about 0.9 °F with lower temperatures in the morning and higher temperatures in the late afternoon and evening, as the body's needs and activities change.

ORAL METHOD (in the mouth, under the tongue)

Oral (by mouth) is the most common method of taking a temperature. For you to get an accurate reading, the person must be able to breathe through his or her nose. It is not recommended for children younger than 5 years of age, because it is hard for them to hold the thermometer under their tongue long enough.

- Make sure to wait 15 min after eating or drinking.
- Carefully place the tip of the thermometer under your child's tongue, just to one side of the center. (see picture to the left).
- With your child's mouth tightly closed, leave the thermometer in place for about 1 minute until the thermometer "beeps".
- Remove the thermometer and read the temperature.
- **A fever is 100.4°F.**

AXILLARY METHOD (in the armpit)

The armpit method is usually used to check for fever in newborns and young children. This method can be less reliable for getting an accurate temperature and can register up to a degree lower than other methods.

- Place the tip of the thermometer in the deepest part of the center of the armpit
- Tuck your child's arm snugly (closely) against their body
- Leave the thermometer in place for about 1 minute, until you hear the "beep".
- Remove the thermometer and read the temperature.
- **A fever is 99.4°F.**