

How to Take Your Oral Temperature



TAKE TEMPERATURE

1. Place the tip of a clean thermometer under your tongue.
2. Wait about one minute. Some thermometers beep when done.
3. Record your temperature.
4. Clean your thermometer.



WAIT

At least 15 minutes after eating or drinking before taking your temperature.



CALL DOCTOR

Call your doctor if you have a temperature of 100.4°F (38°C) or higher. You may need medical care.



CLEAN THERMOMETER

Clean your thermometer before and after you use it with either rubbing alcohol or lukewarm soapy water, then rinse with cool water. Wipe it dry with a clean cloth or let it air dry.



ASK DOCTOR

Ask your doctor how to take temperatures of those under 5 years of age.