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.

NJ Health
New Jersey Department of Health