

How to take your temperature

Use a digital or disposable thermometer and follow the package instructions or the steps below.



Digital Thermometer



Disposable Thermometer

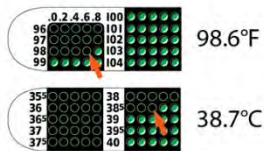
Wait at least 30 minutes after eating, drinking, or exercising.

Wait at least 6 hours after taking medications that can lower your temperature:

- ibuprofen: brand names Advil, Motrin
- naproxen: brand name Aleve
- acetaminophen: brand names Tylenol, Paracetamol
- Aspirin

- Turn on the digital thermometer or unwrap the disposable thermometer.
- Place the thermometer tip under the tongue on either side into one of the heat pockets, as shown on the diagram below.
- Close the mouth around the thermometer until the digital thermometer beeps to indicate it is ready to read, or for 60 seconds if using a disposable thermometer.
- Remove the thermometer and read the number. Write down the time and your temperature reading each time you take it.

Temperature of 100.4° F (38°C) or higher indicates a fever.



Disposable thermometer:
Read the temperature by looking at the last black dot.

