

How to Take Your Oral Temperature



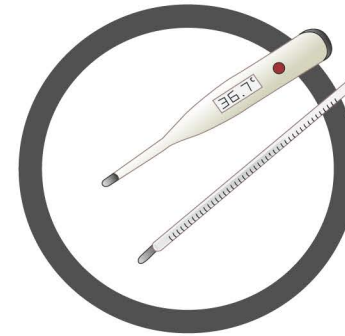
WAIT

Before taking your temperature, wait at least 15 minutes after eating or drinking.



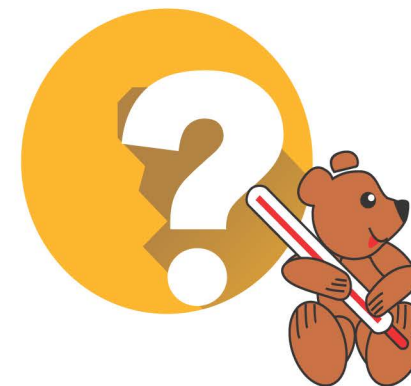
CLEAN THERMOMETER

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.



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



ASK DOCTOR

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