

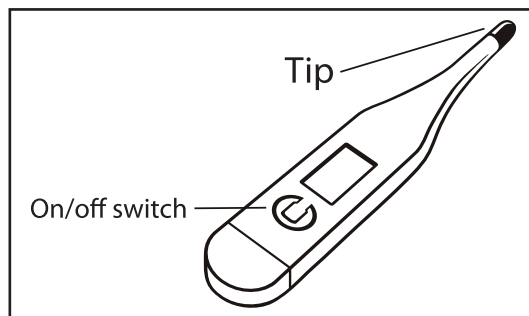
# HOW TO USE A DIGITAL THERMOMETER

Check temperature when someone has the signs of a fever

*(chills, feels very warm, flushed face, headache, feels tired and weak)*

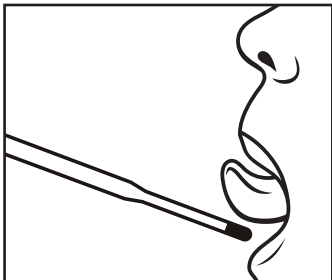
## 1) GET THE THERMOMETER READY

- Clean thermometer with soapy warm water before and after use.
- Press the button to turn digital thermometer on.



## 2) PLACE THERMOMETER IN MOUTH OR UNDER ARM

### In the Mouth:



- Place tip of thermometer under the tongue.
- Keep the mouth closed and thermometer tip under the tongue.

### Under the Arm:



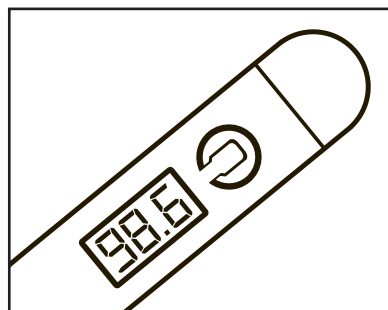
- Place the tip in the armpit.



- Bring the arm down.
- Keep the arm against the person's side.

## 3) READ THE THERMOMETER

- The numbers on thermometer will flash or it will beep when ready. Remove thermometer and read the temperature shown.
- Normal temperature is around: 98.6°F (mouth), or 97.6°F (arm).
- For correct reading, do not take pain or fever-reducing medicine before taking a temperature.



## IF YOU HAVE A FEVER

A fever means your body is working hard to fight off an illness. Rest and drink plenty of liquids to help your body get better faster. Stay home to keep your illness from spreading to others if your temperature is: 100°F or higher (*mouth*) **or** 99°F or higher (*arm*). Schools and child care programs may have different rules about when to keep your child home. Please ask staff at your child's school or child care.

