

TAKE CARE OF YOURSELF AND THOSE YOU LOVE

How to take your temperature with a digital thermometer

Orally

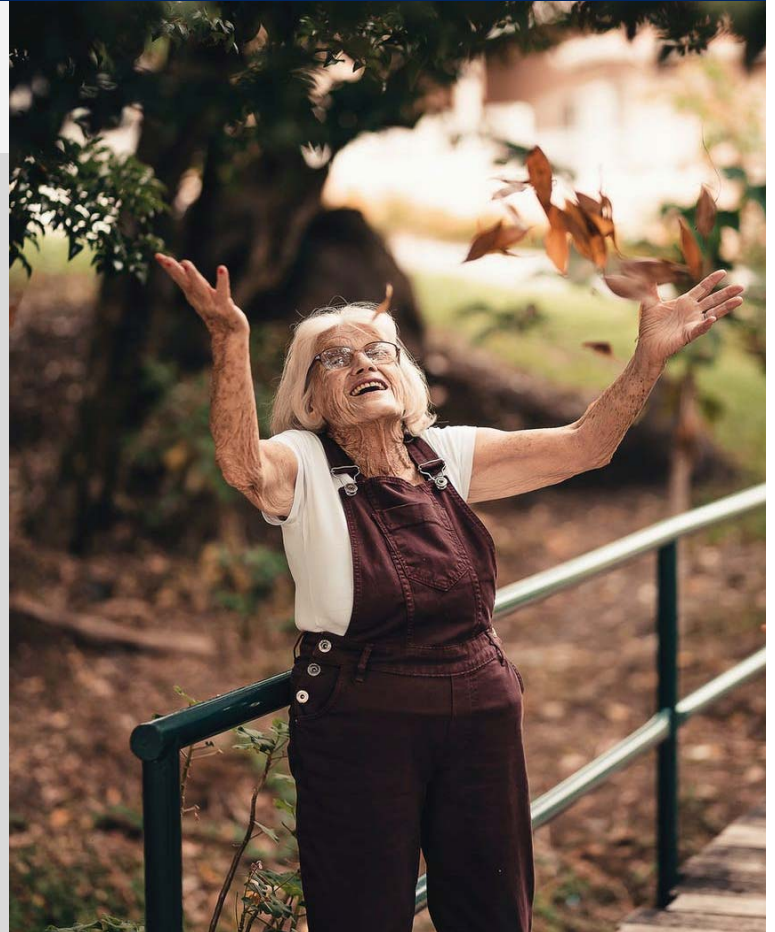
Most accurate method for those who can fully close their mouth. Place under tongue, push button on thermometer & wait for the beep.

Rectally

Generally recommended for children under 3 years old. Gently slide the probe into the rectum about 1/2 inch, push button on thermometer & wait for the beep.

Axillary

The least accurate method. Place the probe in the center of armpit and close arm, push button on thermometer & wait for the beep.



Clean your thermometer with rubbing alcohol before and after each use

Normal temperature - 98.6°

Fever - 100.4° and higher

Acceptable temperature - 97° - 99°

High grade fever - 102° and higher

When to call your doctor

If you have a persistent fever for several days or if your fever is accompanied with a headache, dizziness, nausea, chest pain, vomiting, shortness of breath or body aches.

How to treat your fever

Rest, drink plenty of fluids and take over the counter medications as recommended.



570 N. Marshall Street
Coldwater, MI 49036
(517) 279-9561
bhsj.org/aaa

