Taking a Temperature

1. **HAVE THE CHILD SIT OR LIE DOWN. MAKE SURE THE CHILD STAYS SEATED OR LYING DOWN THE ENTIRE TIME THAT YOU ARE TAKING THE TEMPERATURE.**

2. **IF NECESSARY, TURN THE THERMOMETER ON.**

3. **TAKE THE TEMPERATURE.**

**Axillary (Under the Arm) Temperature**
- Uncover the underarm area and dry it with a tissue if necessary.
- Put the tip of the digital thermometer in the middle of the child’s armpit, and then bring the child's arm across her chest to hold the thermometer in place.
- Keep the thermometer in place for 10 minutes or until the thermometer beeps.

**Temporal (Across the Forehead) Temperature.**
- Place the sensor of the temporal thermometer at the center of the forehead, midway between the eyebrow and the hairline.
- Push the scan button and hold it down.
- Slowly slide the thermometer straight across the forehead toward the top of the ear, stopping when you reach the hairline. Make sure you keep contact with the skin.
- Release the scan button and remove the thermometer from the skin.
Taking a Temperature (continued)

Tympanic (In the Ear) Temperature

**Note:** *If the child has just come in from being outside on a cold day, wait 15 minutes before taking the tympanic temperature.*

- Grasp the child’s earlobe and pull down and back (in a child younger than 3 years) or grasp the top of the child’s ear and pull up and back (in a child older than 3 years) to straighten the ear canal.
- Gently insert the probe of the tympanic thermometer into the ear, pointing it down and forward, toward the child’s nose.
- When the thermometer beeps (usually in a few seconds), remove the probe from the ear.

Oral (In the Mouth) Temperature

**Note:** *If the child has had a hot or cold drink in the last 15 minutes, wait 15 minutes before taking the oral temperature.*

- Put the tip of the digital thermometer under the child’s tongue, toward the back and slightly to one side.
- Ask the child to close his lips around the thermometer. Remind him not to bite down on the thermometer with his teeth.
- Keep the thermometer in place for 5 to 8 minutes or until the thermometer beeps.

**READ THE NUMBER ON THE THERMOMETER’S DISPLAY SCREEN.**

**FOLLOW THE MANUFACTURER’S INSTRUCTIONS FOR CLEANING THE THERMOMETER.**

**WASH YOUR HANDS.**