

Do I Have a Fever?



A body temperature of 100° F (37.8° C) or higher is a fever. When someone has a fever it shows that the body is trying to fight the germs that are making him/her sick.

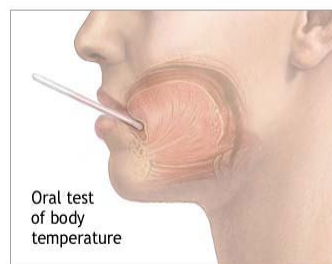
The least expensive, easiest type of thermometer to use is a digital thermometer. Some people will have other types of thermometers; always say what type of thermometer you used when telling a doctor or nurse about a fever.

Taking an Oral (in the mouth) Temperature:

You can begin to take a temperature orally (in the mouth) around the age of 4 or when your child can hold the thermometer under the tongue and keep his/her mouth closed.

When taking a temperature, it is important to make sure that nothing hot or cold has been in the sick person's mouth for 10 minutes before taking the temperature.

1. Remove the digital thermometer from its case.
2. Place the thermometer in a throw-away plastic sleeve or cover. If you do not have covers you can clean the thermometer with rubbing alcohol. Make sure you rinse it in cool water before you place it in the person's mouth.
3. Turn on the thermometer by pushing the activation button. These are located in different places on different thermometers.
4. Open the mouth, place the thermometer under the side of the tongue.
5. Close the mouth and hold the thermometer in place until it beeps.



ADAM.

6. Remove the thermometer and read the temperature in the digital display box.

***Remember if it is over 100° F the person has a fever.

If you are using a tympanic (ear) thermometer or a temporal (forehead) thermometer make sure that you read and follow the instructions provided by the manufacturer.