

# How to Take Your Oral Temperature



## 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.



## WAIT

At least 15 minutes after eating or drinking before taking your temperature.



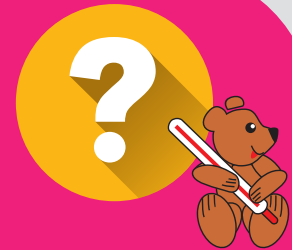
## CALL DOCTOR

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



## 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.



## ASK DOCTOR

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