

Taking a Temperature Axillary (Armpit)

1. Read the directions that came with the thermometer so that you know which beep (or series of beeps) is a sign that the thermometer is finished reading. Turn it on and check that the screen is clear of any previous readings.
2. Remove the child's shirt and undershirt. Make sure that the thermometer will only touch skin and not clothing.
3. Insert the thermometer in the child's armpit. Hold child's arm tightly across his chest to keep the thermometer in place until you hear the beep or series of beeps.
4. Remove the thermometer to check the digital reading. Record the temperature and the time of day.
5. Clean and sanitize according to manufacturer's directions. If these directions are not available, gently clean with soapy disposable towel and rinse carefully with luke warm water, without submersing thermometer in water. Sanitize using 70% isopropyl (rubbing) alcohol and allow to air dry.

Taking a Temperature Orally (Under the tongue)

1. Read the directions that came with the thermometer so that you know which beep (or series of beeps) is a sign that the thermometer is finished reading. Turn it on and check that the screen is clear of any previous readings.
2. Clean the thermometer according to manufacturer's instructions or, if not available, with lukewarm soapy water or 70% isopropyl (rubbing) alcohol. Rinse with cool water. Cover the thermometer tip with a disposable plastic shield, if you have one available.
3. Make sure that the child's mouth is clear of food. If the child has recently had a hot or cold drink, wait 15 minutes before taking temperature.
4. Place the thermometer tip under the child's tongue, towards the back of her mouth, and tell her to close her lips around it. Remind her not to bite the thermometer or talk while the thermometer is in her mouth. Make sure she's breathing normally through her nose.
5. Hold it in place for about one minute, until you hear the beep or series of beeps that indicates that the reading is complete.
6. Remove the thermometer to check the digital reading. Record the temperature and the time it was taken.
7. If you used a disposable plastic sleeve, discard it right away. Clean and sanitize the thermometer as described above, replace it in its case.