

Taking a Temperature at Home

Before taking your own temperature or your child's temperature:

- Wait 30 minutes after eating, drinking, or exercising.



- Wait at least 6 hours after taking medicines that can lower your temperature, like:
 - Acetaminophen, also called paracetamol
 - Ibuprofen
 - Aspirin (*One note of caution in children: Health care professionals strongly advise against ever using aspirin or aspirin-containing products in children without the expressed permission of the child's medical provider due to an association to REYES SYNDROME*).

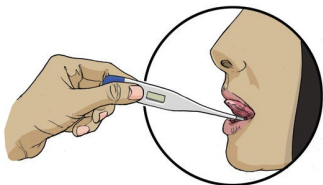


How to properly take a temperature:

Oral Method



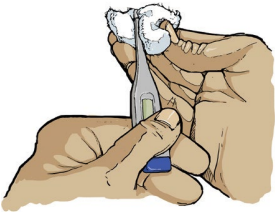
1. Familiarize yourself with your thermometer. Turn the thermometer on by pressing the button near the screen.



2. Hold the tip of the thermometer under your tongue until it beeps. Do not bite the thermometer.



3. Read your temperature on the screen. If you have a temperature of 100°F or greater, do not go out in public and contact your healthcare provider and your school building of attendance.



4. Clean your thermometer with soap and water and dry it well.

PLEASE NOTE: For infants and children younger than 4 years old, use an age-appropriate thermometer such as an ear thermometer. If you do not have one, use a regular thermometer by placing it under the child's arm in the center of the armpit. For the armpit method, if the child's temperature is 99.0°F or higher, do not go out in public and contact your healthcare provider and your school building of attendance. Tell the healthcare provider you took the child's temperature this way.

Tympanic method (in the ear)

The ear method is recommended for children older than 2 years old. Though quick to use, the ear method can produce temperature readings that are incorrect, even when the manufacturer's directions are followed.

1. Use a clean probe tip each time, and follow the manufacturer's instructions carefully
2. Gently tug on the ear, pulling it back. This will help straighten the ear canal, and make a clear path inside the ear to the ear drum
3. Gently insert the thermometer until the ear canal is fully sealed off
4. Squeeze and hold down the button for 1 second
5. Remove the thermometer and read the temperature
6. If you have a temperature of 100°F or greater, do not go out in public and contact your healthcare provider and your school building of attendance.