How to take your temperature with a digital thermometer

Orally
Most accurate method for those who can fully close their mouth. Place under tongue, push button on thermometer & wait for the beep.

Rectally
Generally recommended for children under 3 years old. Gently slide the probe into the rectum about 1/2 inch, push button on thermometer & wait for the beep.

Axillary
The least accurate method. Place the probe in the center of armpit and close arm, push button on thermometer & wait for the beep.

Clean your thermometer with rubbing alcohol before and after each use

Normal temperature - 98.6°
Fever - 100.4° and higher

Acceptable temperature - 97° - 99°
High grade fever - 102° and higher

When to call your doctor
If you have a persistent fever for several days or if your fever is accompanied with a headache, dizziness, nausea, chest pain, vomiting, shortness of breath or body aches.

How to treat your fever
Rest, drink plenty of fluids and take over the counter medications as recommended.