Body heat is measured by taking a temperature with a thermometer. An increase in temperature, called a fever, may be a sign of infection.

The common scale used to measure body temperature in the United States is degrees Fahrenheit (°F). Other countries use degrees Centigrade (°C).

There are different ways to take a temperature. It is often measured using a digital thermometer orally, by placing it in the mouth, or axillary, meaning placing it under the arm in the armpit.

There are special thermometers that can take a tympanic (in the ear), temporal (on the forehead) or rectal temperature.

Take a baby's temperature under the arm unless directed otherwise by the doctor. Talk with your health care provider if you have questions or concerns.

Buy a digital thermometer at your local grocery or drug store. Ask for help to find them in the store.

Taking a Temperature Using a Digital Thermometer

Oral (Mouth)

Do not put anything hot or cold in the mouth for 15 minutes before taking a temperature. This can affect the reading.

1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol. You can also buy tip covers (called probe covers) that you throw away after use.
3. Turn the thermometer on. Check that the screen is clear of any earlier readings.
4. Place the tip of the thermometer under the tongue toward the back of the mouth.
5. Close the lips gently around the thermometer. Do not bite down. It may need to be held it in place with a hand.
6. Keep the thermometer in place until it beeps.
7. Remove the thermometer.
8. Read the numbers in the window. These numbers are the temperature. Normal body temperature is 98.6 degrees F (37 degrees C) by mouth.

Call your doctor:
• If your temperature is greater than 101.5 degrees F by mouth.
  or
• Follow the directions of your doctor, if it is different.

Axillary (Under the Arm)
Wait 15 minutes after exercising or bathing before checking an axillary temperature. This can affect the reading.
1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol. You can also buy tip covers (called probe covers) that you throw away after use.
3. Turn the thermometer on. Check that the screen is clear of any earlier readings.
4. Pat the armpit dry with a tissue or cloth. Do not rub when drying because rubbing may warm the skin.
5. Put the tip under the arm and rest the arm down across the body.

Tapai ko Doctor lai Foon Gunnuho:
• Yadi muh bhitra halte nayap taapman 101.5 deg fahrenheita mendha adik chhane.
  va
• Yadi yo bhitra chhane, tapai ko doctor la nirde shahru ko palna gunnuho.

Khashay (Paahuro Muni)
Pahuro muni thirmite raheke taapman nayako laa ni vyapam va saan paakht u 15 minnatahru ko laa pahinuho. Yasto gaddi gata parirnaam nikschn sakcch.
1. Thirmite tolla yascko bhadarka bhaider nikanaluho.
2. Sabun ra pani dharakva achara alatko holdale daleke thirmite tolla safa gunnuho. Thaplal tollo chhoro kholahtu (tasalai upakgrahako dakhanki bhinchh) kinnah sakchh, jasalai upyog paakhtu pahinchh sakkinchh.
3. Thirmite tolla an (cahu) gunnuho. Sinikko aavch gare yoo saunikshat gunnuho ko yathah pahileka dihur rhoo chhane.
5. Tumolaiy kashri muni raakha huho anu pahuretollai yashikko talantir jharae yasalai nithuho.
6. Keep the thermometer in place until it beeps.
7. Remove the thermometer.
8. Read the numbers in the window. These numbers are the temperature. Normal body temperature is 97.6 degrees F (36.4 degrees C) under the arm.

Call your doctor:
- **Babies less than 2 months old:** a temperature higher than 99.8 degrees F (37.7 degrees C) under the arm.
- **Babies older than 2 months, children and adults:** a temperature higher than 100.5 degrees F (38 degrees C) under the arm.
  
  or

  - Follow the directions of your doctor, if it is different.

- **Babies less than 2 months old:** a temperature higher than 99.8 degrees F (37.7 degrees C) under the arm.
- **Babies older than 2 months, children and adults:** a temperature higher than 100.5 degrees F (38 degrees C) under the arm.
  
  or

  - Follow the directions of your doctor, if it is different.

बीपको आवाज नआएसम्म थर्ममीटरलाई त्यही स्थानमा रखिएक भएको छौ।
थर्ममीटरलाई निकाल्नुहोस्।
ल्यसको विण्डो (तापमान दर्शाउने)-मा देखाइएका संख्याहरूलाई पढ्नुहोस्। यी संख्याहरूले तापमान बताउँछन्। काफी मुनि राख्ने नापदा मारीको सामान्य तापमान 97.6 डिग्री फारेनहाइट (36.4 डिग्री सेल्सियस) हुन्छ।

तपाईंको डक्टरलाई फोन गर्नुहोस्:
- **2 महिनाहरुका कस्तो उमेरका शिशुहरु:** काफी मुनि राख्ने नापदा, तापमान 99.8 डिग्री फारेनहाइट (37.7 डिग्री सेल्सियस)-भन्दा अधिक छ।
- **2 महिनाहरुका अधिक उमेरका शिशुहरु, केटाकेटीहरु अनि वयस्कहरु:** काफी मुनि राख्ने नापदा, तापमान 100.5 डिग्री फारेनहाइट (38 डिग्री सेल्सियस)-भन्दा अधिक छ।
  
  या

  - यदि यो भिन्न छ भने, तपाईंको डक्टरलाई निर्देश गर्नुहोस्।