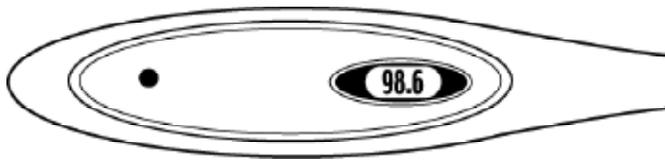


# Taking a Temperature

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). Temperature is measured using a thermometer orally, by placing it in the mouth, or axillary, by placing it under the arm in the armpit. Take a baby's temperature under the arm unless directed otherwise by the doctor.

**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 or Mouth Temperature**

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.
3. Turn the thermometer on and cover with a disposable cover if available. 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.

# 量体温

身体的热度通过用温度计量体温而测得。体温增加称之为发烧，这可能是感染的一个症状。

美国用于测量体温的常见尺度是华氏温度 (F)。其他国家使用摄氏温度 (C)。体温由口腔用温度计通过将其放在口中而测得，或用腋窝温度计通过将其放在腋下测得。宝宝的体温通过腋下测得，除非医生有其他医嘱。

在您当地的食品杂货店或药店买一支数字式温度计。请在店里要求帮忙找到温度计。



## 用数字式温度计量体温

- 口腔或嘴部温度

量体温前 15 分钟请不要将任何热或冷的东西放入嘴里。这可能会影响读数。

1. 将温度计从盒中取出。
2. 用肥皂和水或擦拭酒精以清洁温度计。
3. 打开温度计，如有一次的护袋，请将温度计护袋盖上。查看显示屏，确定没有任何先前的读数。
4. 将温度计的顶端放在舌下口腔后部。

5. Close the lips gently around the thermometer. Do not bite down. It may need to be held 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 by mouth.**
9. Write the temperature down if a record is to be kept.
10. Remove the disposable cover and throw it away in the trash.
11. Clean the thermometer with soap and water or rubbing alcohol.
12. Place the thermometer back in its holder.

### **Call your doctor:**

- ▶ As you are directed.
- ▶ If your temperature is greater than 101.5 degrees F by mouth.

- **Axillary or Under the Arm Temperature**

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.
3. Turn the thermometer on and cover with a disposable cover if available. 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. 口含温度计轻轻闭上嘴。不要咬住。可能需用一只手扶着温度计。
6. 把温度计留在口中直到它发出哔哔声。
7. 取出温度计。
8. 看视窗上的读数。这些数字就是体温。**口腔测得的正常体温是摄氏 37 度（华氏 98.6 度）。**
9. 如需保持记录请将体温写下。
10. 除去一次性护袋，丢入垃圾。
11. 用肥皂和水或擦拭酒精以清洁温度计。
12. 将温度计放回盒中。

### 打电话给您的医生：

- ▶ 如有医嘱。
- ▶ 如果您口腔测得的体温高于摄氏 38.6 度（华氏 101.5 度）。

### • 腋窝或腋下体温

在锻炼或洗澡 15 分钟之后再检查腋下体温，否则会影响读数。

1. 将温度计从盒中取出。
2. 用肥皂和水或擦拭酒精以清洁温度计。
3. 打开温度计，如有一次的护袋，请将温度计护盖上。查看显示屏，须没有任何先前的读数。
4. 用纸巾或一块布将腋窝拍干。拍干腋窝时不要擦，因为擦可使皮肤升温。

5. Put the covered tip under the arm and rest the arm down across the body.
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 under the arm.**
9. Write the temperature down if a record is to be kept.
10. Remove the disposable cover and throw it away in the trash.
11. Clean the thermometer with soap and water or rubbing alcohol.
12. Place the thermometer back in its holder.

### **Call your doctor:**

- ▶ As you are directed.
- ▶ **If babies less than 2 months old** have a temperature greater than 99.8 degrees F under the arm.
- ▶ **If babies older than 2 months, children and adults** have a temperature greater than 100.5 degrees F under the arm.

5. 将护盖好的顶端放在腋下，将手臂垂在体侧。
6. 把温度计留在腋下直到它发出哔哔声。
7. 取出温度计。
8. 看视窗上的读数。**这些数字就是体温。正常腋下体温是摄氏 36.4 度（华氏 97.6 度）。**
9. 如需保持记录请将体温写下。
10. 除去一次性护袋，丢入垃圾。
11. 用肥皂和水或擦拭酒精以清洁温度计。
12. 将温度计放回盒中。

### 下列情况下打电话给您的医生：

- ▶ 如有医嘱。
- ▶ **如果年纪不到 2 个月的宝宝腋下体温高于摄氏 37.6 度（华氏 99.8 度）。**
- ▶ **如果宝宝年纪超过 2 个月，孩子和成人的腋下体温高于摄氏 38 度（华氏 100.5 度）。**