How to Take Your Oral Temperature

1. Place the tip of a clean thermometer under your tongue.
2. Wait about one minute. Some thermometers beep when done.
3. Record your temperature.
4. Clean your thermometer.

At least 15 minutes after eating or drinking before taking your temperature.

Clean your thermometer before and after you use it with either rubbing alcohol or lukewarm soapy water, then rinse with cool water. Wipe it dry with a clean cloth or let it air dry.

Call your doctor if you have a temperature of 100.4°F (38°C) or higher. You may need medical care.

Ask your doctor how to take temperatures of those under 5 years of age.