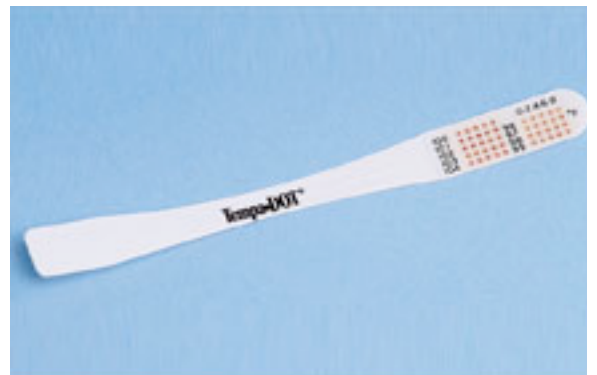


Taking a Temperature

1. Oral Temperature

- a. Wait 15 minutes before taking a temperature by mouth if the person has smoked, or had any hot or cold liquids or foods.
- b. You will need the following equipment:
 - i. An oral thermometer
 - ii. Facial tissue
 - iii. Soap and water
 - iv. Wristwatch or clock
 - v. Diary or log book
 - vi. Pen
- c. Wash your hands for 15 seconds, rinse and dry.
- d. Have the person sit or lie down comfortably.
- e. If the person has trouble breathing through their nose, or is uncooperative, try a different temperature route (rectal or armpit)
- f. Prepare the thermometer following manufacturer's directions.
- g. Have the person open their mouth and place the probe or plastic strip under the tongue just to the side of the center of the lower jaw. Do not place in front of tongue.
- h. Have the person close their mouth with lips closed. Do not let them bite the thermometer. If this occurs, choose a different route.
- i. Leave the thermometer in place for the required amount of time. Time yourself with your watch or a clock. Most disposable thermometers must stay in place **60 seconds**. A digital thermometer will beep in seconds when a reading is ready
- j. Remove the thermometer and note the reading. On a disposable thermometer, each dot equals 2 tenths of a degree.
- k. Write down the temperature in your log book and note the time of day.
- l. Give the person a facial tissue to wipe off their mouth.
- m. Throw away the disposable thermometer. Wash off the digital thermometer probe with cool soapy water. Rinse thoroughly and then store it away.
- n. Wash your hands.



2. Temperature by Rectum

- a. Wash your hands for 15 seconds, rinse and dry.
- b. You will need the following equipment:
 - i. Rectal thermometer
 - ii. Facial tissue
 - iii. Lubricant like Vaseline
 - iv. Clean disposable gloves
 - v. Alcohol pad
 - vi. Soap and water
 - vii. Diary or log book
 - viii. Pen
 - ix. Wristwatch or clock
- c. A rectal thermometer touches germs in the person's rectum. Wipe off the thermometer with an alcohol pad or a cloth moistened in soap and water.
- d. Squeeze a small amount of lubricant, like Vaseline, on the facial tissue. Dip the probe end of the thermometer into the lubricant, covering about 2 to 3 inches.
- e. Give the person some privacy. Have him or her lie down in bed, with a sheet covering them from feet to waist.
- f. Have the person turn on their side and bend the knee of their upper leg. Move aside the bedsheet to expose the person's anal area.
- g. Put on the gloves.
- h. If you are right handed, use your left hand. If left handed, use your right hand to spread apart the person's buttocks. You will see the anus. Ask the person to breathe slowly and relax.
- i. Gently insert the thermometer about 1 to 2 inches into the anus.
- j. **Do not force the thermometer**
- k. Hold the thermometer in place with your fingers for the required amount of time. Wait until a digital display appears or you have counted the full **60 seconds** for a disposable thermometer.
- l. Remove the probe from the anus when the digital display shows a reading or when you know the disposable thermometer has been in long enough, about **3 minutes**.
- m. Clean off the anus with the facial tissue. Then throw away the tissue. Help the person back to a comfortable position.
- n. Cleanse the digital thermometer probe in cool soapy water. Rinse, dry with a paper towel, and store away.
- o. Once you take a rectal temperature, never use the thermometer for a temperature by mouth.
- p. Remove the gloves and throw away.



- q. Wash your hands.
- r. Write down the temperature in the log book and note the time of day.

3. **Temperature in armpit**

- a. Wash your hands for 15 seconds, rinse and dry.
- b. You will need the following equipment:
 - i. Oral thermometer
 - ii. Facial tissue
 - iii. Wristwatch or clock
 - iv. Diary or log book
 - v. Pen
- c. Provide the person some privacy when taking a temperature in the armpit, because you have to remove their clothing from their shoulder and arm. Have the person sit or lie down comfortably.
- d. Have the person raise their arm, or raise the arm for them. Then place the thermometer tip into the center of the armpit. Lower the person's arm over the thermometer tip and place the arm over the person's chest.
- e. Hold the thermometer in place with your fingers. Leave in place for the required amount of time.
- f. Wait until a digital display appears or you have counted the time for a disposable thermometer. It takes about **3 minutes** for an axillary temperature using a disposable thermometer.
- g. Remove the thermometer and read it. An armpit temperature may be as much as 1 degree Fahrenheit (0.6 degrees Centigrade) lower than a temperature taken by mouth.
- h. Help the person replace their clothing
- i. Throw away the disposable thermometer or if you use a digital thermometer, wash it in soap and cool water and store away.
- j. Wash your hands
- k. Write down the temperature in your temperature log and note the time of day.

4. **Temperature in the Ear**

- a. Wash your hands for 15 seconds, rinse and dry
- b. You will need the following equipment:
 - i. Ear (tympanic membrane) thermometer
 - ii. Disposable thermometer probe cover
 - iii. Diary or log book
 - iv. Pen
- c. Help the person sit with their head turned toward the side, away from you.
- d. If person is lying down on one side, take temperature in the upper ear.
- e. It is easier to take the temperature in person's right ear if you are right handed; take temperature in person's left ear if you are left handed.
- f. Remove the thermometer from its charger.
- g. Slide a disposable probe cover over the thermometer tip until it locks in place. Be careful not to touch the lens cover.

- h. Insert the probe tip into the ear canal following manufacturer's directions for positioning.
 - i. **Adult** – Gently pull the outer ear backward, up and out.
 - ii. **Child under 3 years** – Point the covered probe towards the midpoint between eyebrow and sideburns.
- i. Move the thermometer probe tip gently in a figure-eight pattern – this helps to detect the temperature.
- j. Fit the probe tip snugly into the outer ear canal and do not move, pointing the device tip toward the person's nose.
- k. Press the scan button on the thermometer. Leave in place until a signal alarms showing a reading on the digital display.
- l. Carefully remove the probe from the ear.
- m. Push the ejection button on the thermometer to discard the probe cover into the trash.
- n. Return the thermometer to the charger.
- o. Check manufacturer's directions for how to cleanse the probe tip.
- p. Wash your hands
- q. Write down the temperature in your temperature log and note the time of day.