**HOW TO TAKE YOUR TEMPERATURE USING A DIGITAL THERMOMETER**

* Read the instructions that came with the thermometer
* Wash your hands with soap and warm water before using the thermometer.
* Clean the thermometer before and after each use with soap and lukewarm water.
* Don't use the same thermometer for both oral and rectal temperatures. Get two and label which is used where.
* **Wait at least 6 hours after taking medications that can lower your temperature,** like acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin.
* **If you've been eating or drinking, wait 30 minutes** before you take a temperature by mouth

Oral temperature: You'll need an oral thermometer, used in the mouth.

1. Turn on the digital thermometer. Place the thermometer tip under your tongue.
2. Close your mouth around the thermometer for the recommended amount of time or until the thermometer beep indicates it's done.
3. Remove the thermometer and read the number.

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| Digital Thermometer |

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