

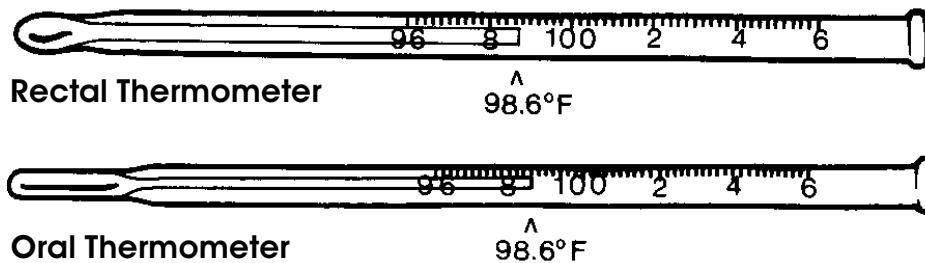
Temperature taking



If your baby appears sick, you may want to take his temperature. Fever is a sign of illness. However, sometimes a small baby's temperature will drop rather than rise when they are sick.

There are three ways to take a temperature:

- Axillary (armpit)—takes 3–4 minutes to register. This method may be used in babies under six months or children up to 4 years.
- Rectal (in the bottom)—takes 2–3 minutes to register. This method may be used in children over 6 months and less than 6 years.
- Oral (mouth)—takes 2–3 minutes to register. Child should be cooperative and over 4 years old to use this method.



Thermometers

1. There are two types of thermometers—oral and rectal.
2. The oral thermometer's bulb is long and thin.
3. The rectal thermometer's bulb is round so it will not be sharp against the walls of the rectum.
4. The markings on both thermometers are identical.

Taking a temperature

1. Take the temperature when your baby is quiet.
2. Body temperature varies depending on the amount of activity, emotional stress, type of clothing worn and temperature of the environment.
3. When reporting fever, always tell the doctor the exact thermometer reading and where the temperature was taken.
4. We recommend using the axillary (armpit) temperature on babies less than 6 months of age.

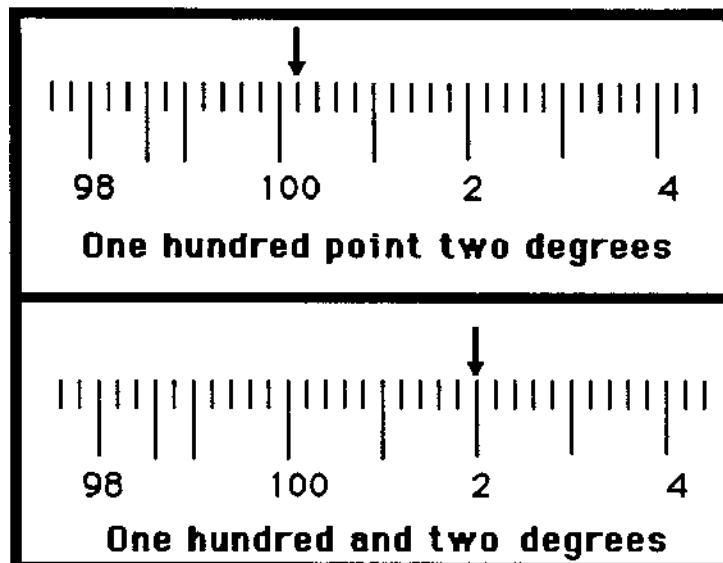
5. If using a digital thermometer, press power button and wait until display appears. This indicates the unit is operational and in good condition. Follow the directions for taking a temperature.
6. If you are using a glass thermometer, make sure the thermometer has been shaken down before taking your baby's temperature. If the mercury (shiny band) is above 96°F, shake it down by holding the thermometer and snapping the wrist sharply.
7. Check to make sure the bulb of the thermometer is not broken or cracked.

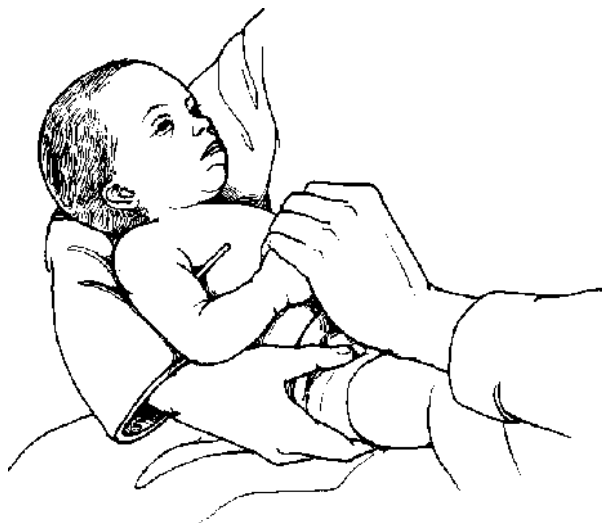
DEFINITION OF FEVER

Generally, fever is a temperature over 99°F if taken in the armpit or over 100°F if taken rectally. Ask your doctor when he or she would like to be notified if your child has a fever.

Reading a thermometer

1. Find the silver line in the thermometer.
 - Hold the thermometer at eye level.
 - Turn it slowly until you see the scale markings on top and the numbers on the bottom.
 - You will see a shiny band between the markings on the top and the numbers on the bottom.
 - Be sure not to hold the end with the bulb when reading the thermometer!!!
2. Read the number at the end of the shiny band. This is the temperature reading.
3. To read a thermometer:
 - The space between the short marks is 0.2° (two tenths of a degree).
 - The space between the larger marks is 1° (one degree).





Taking an axillary temperature (under arm)

1. Use any thermometer.
2. Hold the thermometer snugly in the armpit, making sure the bulb is completely covered between your baby's arm and side.
3. Hold the thermometer there for 3–4 minutes.
4. Remove from under the arm and read the thermometer (shiny band) or digital window.
5. When reporting your baby's temperature, tell the nurse or doctor that it was an axillary temperature.
6. Axillary temperatures are slightly lower than rectal or oral temperatures.

Taking a rectal temperature (in the bottom)

1. Select a thermometer with a stubby-type bulb.
2. Shake mercury down past 96°F.
3. Moisten lower portion of thermometer with Vaseline® or K-Y™ jelly.
4. Place infant on his stomach and across your lap.
5. Spread the buttocks with one hand to expose the anal opening and lay that arm along your baby's back to prevent him from moving.
6. Insert thermometer with your other hand, slowly and gently, just far enough for bulb to pass the anal sphincter (muscle). This is about 1 inch.
7. Hold thermometer in place for approximately 2–3 minutes.
8. Remove gently in a straight line and read it.

Care of thermometer

1. Draw thermometer through soapy cotton ball or tissue.
2. Rinse in cool water.
3. Store in safe place, out of the reach of children.

Call the doctor if...

1. Baby has fever over 100°F axillary (under arm) or 101°F rectal, and/or vague symptoms:
 - Irritability (crying or fussy)
 - Poor feeding
 - Floppy or listless.
 - Breathing is difficult
 - Coughing
 - Does not look good.
2. Temperature is less than 97°F.
3. If your baby feels hot to touch and you are unable to read a thermometer.
4. Fever is present for more than 3 days.
5. Fever with abnormal movements.

REMEMBER: A NORMAL TEMPERATURE IS AROUND 98°F

Treating fever

1. If your baby is less than 6 months of age and has a fever, call your baby's doctor before giving acetaminophen (Tylenol®, Tempera®, Liquiprin®, Panadol®, or Ibuprofen/ Advil®).
2. Get the correct dosage from your baby's doctor.
3. Do not use medicine for more than 3 days without talking with the doctor.
4. **KEEP ALL MEDICINE OUT OF THE REACH OF CHILDREN.**
5. **Children should not be given aspirin.** Several studies link aspirin use in children with Reye's Syndrome—a severe illness that often is fatal.