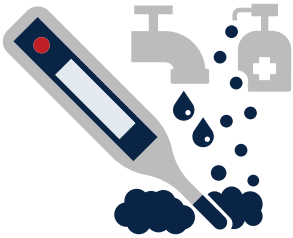


# HOW TO TAKE YOUR ORAL TEMPERATURE



## WAIT

Before taking your temperature, wait at least 15 minutes after eating or drinking.



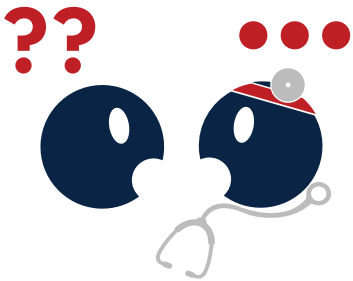
## CLEAN THERMOMETER

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.



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



## ASK DOCTOR

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

[CORONAVIRUS.DC.GOV](https://coronavirus.dc.gov)



**DC | HEALTH**  
GOVERNMENT OF THE DISTRICT OF COLUMBIA

WE ARE WASHINGTON  
GOVERNMENT OF THE DISTRICT OF COLUMBIA  
**DC MURIEL BOWSER, MAYOR**