



The MommyDocs Brief Guide to Thermometers and Temperature Taking

****Fever itself is not a disease process—it's a symptom of something else going on.**

****A fever is defined as a core body temperature at or above 100.4°F or 38°C.**

****In children 3 months and under, the physician must be contacted if the temperature is at or above 100.4°F or 38°C. Also, do not give any medication to children this age prior to consulting your physician.**

****In children over the age of 3 months, the height of the fever needs to be addressed in the context of the other symptoms a child is experiencing.**

****The two most accurate devices for taking a temperature are the digital thermometer and the ear thermometer.**

**** In a child 3 months or younger, pediatricians recommend that temperatures be taken rectally, with a digital thermometer.**

****Digital thermometers can be used rectally, orally, or under the arm (axillary).**

****Typically, in babies, until the time they are crawling, a rectal temperature is taken. Thereafter, an axillary temperature can be taken. By the time a child is around the age of four or five, typically an oral thermometer can be used.**

****Ear thermometers provide a quick, accurate temperature reading, and are especially useful in children on the go.**

****When reporting a temperature to a child's physician, always give the exact reading, and tell him how it was taken.**