Take Your Temperature (Oral)

Taking your temperature is an easy way to see if you have a fever or are fighting off an infection. One of the most common ways to take your temperature is orally, or in your mouth. Use a digital thermometer to get the most accurate reading.

Try it now. Step 1. Wash your hands with warm water and soap before taking your temperature. Step 2. Turn the thermometer on and place it under your tongue. Step 3. Hold the thermometer in place with your mouth closed until the reading is complete. Most digital thermometers beep to let you know when the reading is complete. It should take between 30-40 seconds. If you are keeping track, write down your results.

For adults, a temperature of 100.4 degrees Fahrenheit is considered a fever. If your fever reaches 102 degrees Fahrenheit or higher and medications don't lower it, call your healthcare provider.

Let's try that again. Clean your hands with soap and warm water before you take your temperature. Turn the oral thermometer on and place it under your tongue. Close your mouth and hold the thermometer in place until the reading is done. The reading should take about 30-40 seconds.

After you are done taking your temperature, clean the thermometer with soap and water, and store in a cool, dry place. If you have a fever, take medications to lower your temperature, stay hydrated, and get plenty of rest.

Call your healthcare provider if your fever doesn't come down and continue to monitor your temperature.

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