

# Take Your Temperature (Forehead)

You may feel under the weather and out of sorts, but the only way to know if you have a fever is to take your temperature with a thermometer. One of the most common ways to take your temperature is to use a digital forehead thermometer.

Try it now. Step 1. Wash your hands with warm water and soap before taking your temperature. Step 2. Turn your forehead thermometer on. Step 3. Place the sensor in the middle of your forehead and slowly swipe it across the forehead and down toward the top of one ear. Keep the sensor in contact with the skin. The thermometer will display your reading. 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. Wash your hands with soap and water. Turn on the forehead thermometer. Swipe your thermometer across your forehead, and down towards one ear. Keep the sensor in contact with the skin. Record your results. After taking your temperature, clean the thermometer with soap and water and store it 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.