

First, if you are concerned about baby or baby appears ill or if you think baby might have a high or low temperature, measuring their temperature in their "arm pit area" might provide useful information.

Second, it is important to prepare to have a digital thermometer designed for underarm use and to have the baby's physician's telephone number ready before baby comes home

Third, only use a digital thermometer designed for under arm (**axilla**) use and follow the instructions. Make sure the thermometer is at room temperature before use.

Remove the cover and clean the thermometer before each measurement or use.

Forth, it is important to carefully hold the thermometer under your baby's arm for 4 to 5 minutes.

Hold baby carefully on your lap or lay baby on their back on a firm surface then gently lift baby's arm. Gently place the tip of the thermometer in the fold of baby's armpit (axilla).

Then lower the arm back down to baby's side.

The thermometer must rest directly against the baby's skin on all sides to obtain an accurate reading. When the thermometer beeps, remove it and read the temperature on the display.

Normal axillary temperature is about 97.6°F to 99.4°F or 36.4°C to 37.4°C.

Baby's axillary temperature is usually about 1 degree lower than an oral or rectal temperature.

Fifth, call baby's physician right away if he or she has any of the following:

Fever of 100°F or higher for a temperature taken under the arm for baby younger than 3 months: or

Fever of 37.7°C or higher for a temperature taken under the arm for baby younger than 3 months

Fever of 104°F or higher or 40°C or higher for a child of any age.

Bleeding from the area where the temperature was measured.

Clean the thermometer with soap and warm water, then put the cover back on, and then put the thermometer safely away.

Normal core body temperature measured rectally can range from 36.1°C to 37.8°C or 97°F to 100°F.

Rarely it may range as low as 35.3°C or 95.5°F to 38.3°C or 101°F.

Young children may have higher core temperature than adults.

May be a little higher than 37.8°C or 100°F when less than 2 years old.

Lowest body temperatures occur between 2 am and 6 am.

Highest body temperatures occur between 5 pm and 7 pm.

Recommended lower limit of fever: 38°C or 100.4°F rectal temperature

Upper limit of normal rectal temperature: 38.0°C or 100.4°F for neonates less than one month old

38.1°C or 100.6°F for one-month olds

38.2°C or 100.8°F for two-month olds