

IMPORTANT — PLEASE READ THESE DIRECTIONS

1. How to Take a Temperature Reading.

Before taking the temperature, see that the thermometer registers below 97° F. Do not take a mouth temperature for at least 30 minutes after exercising, smoking, eating, or drinking cold or hot drinks.

Oral—Place the bulb under the tongue, closing the lips and keeping them closed until thermometer is withdrawn. Leave in place not less than 3 minutes.

Rectal—Cover the bulb end with petroleum jelly or other lubricant and insert gently, far enough to pass the constricting muscles, leaving about half the thermometer exposed. Leave in place less than 4 minutes.

Note: The “security” thermometer, with stubby bulb designed for either oral or rectal use, should also be allowed 4 minutes.

If the patient is anemic or old, with poor circulation, or the thermometer cold, longer times for registration than those stated above may be necessary.

2. How to read a thermometer.

Standing with back to light, hold thermometer with top end in right hand so that scale numbers are on lower side, scale lines on upper side. Rotate instrument slowly back and forth between thumb and first finger until mercury column is seen between scale lines and numbers. Do not hold bulb while reading.

Average normal oral temperature is 98.6° Fahrenheit (37° Centigrade).

Although the accepted oral normal point is marked on rectal thermometers, normal rectal temperature is considered to be one degree higher ($\frac{1}{2}$ °C.).

Your normal temperature may be above or below the accepted average. Body temperature rises from early morning to late afternoon. It is sensible to record your temperature at different times during the day when you are in good health, for use as a guide in times of illness.

3. How to shake down thermometer.

Hold thermometer firmly at end opposite bulb with thumb and forefinger. Swing it downward with full arm motion and a loose wrist, giving it a snap similar to shaking water off your fingers. Repeat this until the reading is below 97° Fahrenheit (35° Centigrade). Do not shake down a thermometer by jarring the hand against a solid object.

4. How to care for a thermometer.

Wash thermometer with soap and cool water. Heat of any kind may break the instrument or destroy its accuracy. Immerse in any approved antiseptic solution before and after using.

The small bubble in the mercury column above the bulb is necessary to maintain mercury at correct temperature. If the mercury recedes from the reading without being shaken down, the instrument has been damaged and is no longer dependable.