

## How to Measure Body Temperature in the Armpit

- 1 Place the tip of the thermometer in the center of your child's armpit.



- 2 Adjust the angle of the thermometer to about 30 degrees with respect to the child's upper body and close the



When measuring, hold the child in your lap and enfold from behind so that the armpit is tightly closed.

When your child is sleeping, hold the child with your hands so that the armpit is tightly closed.



- 3 Hold your child and keep still.  
When using a predictive measurement type thermometer, remain still until the thermometer beeps.

When using a mercury or actual measurement type thermometer, keep still for at least 10 minutes.

### Caution before measurement

Do not measure your body temperature for about 30 minutes after drinking/eating, exercising, bathing or coming in from outside. You will not be able to obtain an accurate measurement of your equilibrium temperature.

Be sure to wipe armpit sweat completely before measurement. (This caution is particularly important for children who often sweat heavily.)

### Caution during measurement

Basically, stay still without moving during measurement.

If you remove the thermometer before completing measurement, always restart measurement from the beginning.

### Measurement time period

Measurement time varies depending on the thermometer's measurement method. When actual measurement is required when using a predictive measurement type thermometer, measure the temperature for at least 10 minutes.