

Taking Your Baby's Temperature

Using an underarm thermometer

This handout explains how to take your baby's temperature under their arm.

A baby's temperature is taken under their arm. This is called the *axillary* temperature.

If you think your baby has a fever, check by taking their underarm temperature. A normal underarm temperature is between 97.7°F and 99.5°F (between 36.5°C and 37.5°C).

We recommend using a digital thermometer. This type of thermometer measures temperature with a heat sensor. It does not contain mercury.



We recommend using a digital thermometer. It is easy to read and does not contain mercury.

How to Take an Underarm Temperature

- Put the thermometer in your baby's armpit.
- Make sure the tip is completely in the armpit.
- Hold the thermometer there until the beep sounds.
- Read your baby's temperature.

When to Call the Doctor

- Call your baby's health care provider if your baby's underarm temperature is 100.4°F (38°C) or higher.
- Your baby's provider may want you to call any time your baby's underarm temperature is lower or higher than the normal range. Be sure to ask your baby's provider when you should call.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

You can also call the Community Care Line at 206-744-2500.