

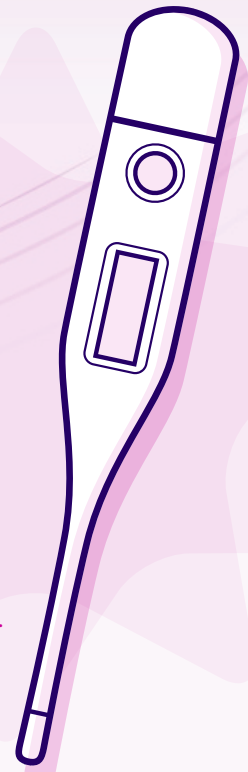


Taking a Temperature & Top Tips for Easing a Fever

Taking your child's temperature



When you're taking your little one's temperature, the aim is to find out how warm it is inside their body. The best way to do that is by using a digital thermometer.



Under
5's

STEP ONE

If your child is under 5, you should take their temperature under their armpit not under their tongue.



STEP TWO

Pop the digital thermometer into their armpit and hold their arm against their body to keep it in place for as long as the thermometer's instructions ask.



STEP THREE

Try to keep a note of the temperature reading, as this will help you track how your little one is doing. Remember that a temperature over 37.5°C is classed as a fever.

Top Tips on Easing a Fever

If you find that your little one has a temperature (over 37.5°C) there are some simple things you can do to help them feel better.



Make sure your little one gets plenty of restful sleep.

Keep their room well ventilated.



Make sure they stay well hydrated. Offer lots of cool drinks, especially water, or milk if they are younger.

Children's paracetamol can help to lower their temperature. CALPOL® Infant Suspension can be used from 2 months and starts to get to work on fever in 15 minutes.



The CALPOL® Guide to Thermometers

There are several types of thermometers available. Your pharmacist will be able to help you select the right one for you... but here's a brief guide.

- **Digital thermometers** – These are easy to use and considered to be reliable and accurate.
- **Ear thermometers** – Although these are generally easy to use, they can be difficult to use if your little one is young and wriggly! They can also be expensive, and their accuracy is very dependent on how they are placed in the ear.
- **Strip type thermometers** – These are normally designed to be held on your child's forehead. They're not an accurate method as they report skin surface temperature not body temperature.