测体温

Taking a Temperature

Body heat is measured by taking a temperature with a thermometer. An increase in temperature, called a fever, may be a sign of infection.

使用温度计测量体温。体温升高（称为发热）可能代表体内存在感染。

The common scale used to measure body temperature in the United States is degrees Fahrenheit (ºF). Other countries use degrees Centigrade (ºC).

在美国，常用的体温计量单位是华氏度（ºF），其他国家使用摄氏度（ºC）。

There are different ways to take a temperature. It is often measured using a digital thermometer orally, by placing it in the mouth, or axillary, meaning placing it under the arm in the armpit.

目前有几种不同的测体温方法。常用的测量方法是：将数字温度计放入口中测量口腔温度，或将其放在腋下测量腋窝温度。

There are special thermometers that can take a tympanic (in the ear), temporal (on the forehead) or rectal temperature.

还有几种特殊的温度计，用于测量鼓膜（耳内）温度、颞部（额头）温度或直肠温度。

Take a baby's temperature under the arm unless directed otherwise by the doctor. Talk with your health care provider if you have questions or concerns.

在测量宝宝温度时，除非医生另有指示，否则应测量宝宝的腋窝温度。如果您有任何疑问或担心，请咨询医护人员。

Buy a digital thermometer at your local grocery or drug store. Ask for help to find them in the store.

请在当地的杂货店或药店购买数字温度计。您可让店员帮助您选择合适的数字温度计。

Taking a Temperature Using a Digital Thermometer

使用数字温度计测体温

Oral (Mouth)

口腔温度

Do not put anything hot or cold in the mouth for 15 minutes before taking a temperature. This can affect the reading.

在测体温前的 15 分钟内，请勿将任何热或冷的东西放入口中，因为这可能会影响读数。

1. Take the thermometer out of its holder.

2. Clean the thermometer with soap and water or rubbing alcohol. You can also buy tip covers (called probe covers) that you throw away after use.

1. 将温度计从支架取出。

2. 用肥皂和水或擦拭酒精清洁温度计。您也可购买一次性尖端套（称为探针套）。

3. Turn the thermometer on. Check that the screen is clear of any earlier readings.

4. Place the tip of the thermometer under the tongue toward the back of the mouth.

5. Close the lips gently around the thermometer. Do not bite down. It may need to be held it in place with a hand.

6. Keep the thermometer in place until it beeps.

7. Remove the thermometer.

8. Read the numbers in the window. These numbers are the temperature. Normal body temperature is 98.6 degrees F (37 degrees C) by mouth.

Call your doctor:

• If your temperature is greater than 101.5 degrees F by mouth.

or

• Follow the directions of your doctor, if it is different.

Axillary (Under the Arm)

Wait 15 minutes after exercising or bathing before checking an axillary temperature. This can affect the reading.

1. Take the thermometer out of its holder.

2. Clean the thermometer with soap and water or rubbing alcohol. You can also buy tip covers (called probe covers) that you throw away after use.

3. Turn the thermometer on. Check that the screen is clear of any earlier readings.

4. Pat the armpit dry with a tissue or cloth. Do not rub when drying because rubbing may warm the skin.

5. Put the tip under the arm and rest the arm down across the body.

3. 打开温度计。检查显示屏，确定没有任何先前的读数。

4. 将温度计的尖端朝向口腔后部的方向，放在舌下。

5. 口含温度计，轻轻闭上嘴。不要咬住温度计。可能需要用手扶住温度计。

6. 请勿移动温度计，直至其发出哔哔声。

7. 取出温度计。

8. 读取视窗上的读数。该读数即是体温值。正常的口腔温度是 98.6 华氏度（37 摄氏度）。

出现以下情况时，请联系医生：

• 如果您的口腔温度高于 101.5 华氏度。

或

• 如有不同，请遵循医生的指示。

腋窝（腋下）温度

运动或洗澡后需等待 15 分钟再测量腋窝温度，因为这可能会影响读数。

1. 将温度计从支架取出。

2. 用肥皂和水或擦拭酒精清洁温度计。您也可购买一次性尖端套（称为探针套）。

3. 打开温度计。检查显示屏，确定没有任何先前的读数。

4. 用纸巾或布拍干腋窝，但请勿揉搓，这可能导致皮肤变热。

5. 将温度计的尖端放在手臂下，将手臂横放胸前。

6. Keep the thermometer in place until it beeps.

7. Remove the thermometer.

8. Read the numbers in the window. These numbers are the temperature. Normal body temperature is 97.6 degrees F (36.4 degrees C) under the arm.

Call your doctor:

- **Babies less than 2 months old:** a temperature higher than 99.8 degrees F (37.7 degrees C) under the arm.

- **Babies older than 2 months, children and adults:** a temperature higher than 100.5 degrees F (38 degrees C) under the arm.

or

- Follow the directions of your doctor, if it is different.

6. 请勿移动温度计，直至其发出哔哔声。

7. 取出温度计。

8. 读取视窗上的读数。该读数即是体温值。正常的腋窝温度是 97.6 华氏度（36.4 摄氏度）。

出现以下情况时，请联系医生：

- **2 个月以下的宝宝**：腋窝温度高于 99.8 华氏度（37.7 摄氏度）。

- **2 个月以上的宝宝、儿童和成人**：腋窝温度高于 100.5 华氏度（38 摄氏度）。

或

- 如有不同，请遵循医生的指示。