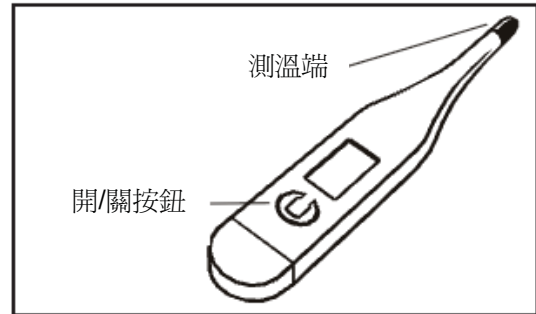


如何使用數碼體溫計

若某人出現發燒徵兆，則應測量體溫
(寒顫、發熱感、面色發紅、感到疲勞和虛弱)

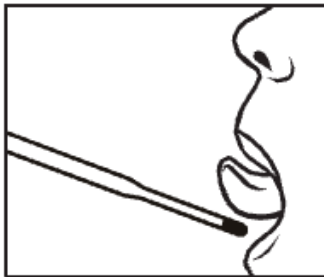
1) 準備好體溫計

- 在使用之前和之後，應該用溫熱肥皂水清潔體溫計。
- 按此按鈕使數碼體溫計開啓。



2) 將體溫計放入口內或者置於腋下

放入口內：



- 將體溫計的測溫端置於舌下。
- 閉緊嘴，並使體溫計的測溫端保持在舌下面。

置於腋下：



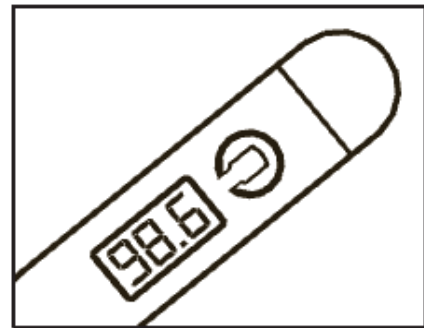
- 將體溫計的測溫端置於腋下。



- 讓手臂下垂。
- 使手臂緊貼身體側面。

3) 查看體溫計所顯示的溫度

- 完成體溫測量後，體溫計會發出響聲，或者其數碼會閃爍。取出體溫計，並查看體溫計所顯示的溫度。
- 正常體溫大約為：98.6°F (口腔溫度)，或者 97.6°F (腋下溫度)。
- 爲了測得準確的體溫，在測量體溫之前切勿服用止痛藥或者退燒藥。



若出現發燒現象

發燒現象表明身體正在抵抗某種病症。注意休息並且多喝水，以促使身體儘快恢復。若您的體溫達到 100°F 或以上 (口腔溫度)，或者 99°F 或以上 (腋下溫度)，則應待在家裡，以免將疾病傳染給其他人。對於在何種情形下應讓您的孩子待在家裡，各學校及托兒服務計畫可能分別有不同的規定。請向您孩子的學校或托兒服務機構之工作人員詢問。

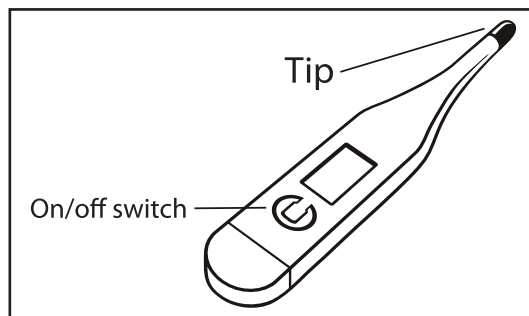
HOW TO USE A DIGITAL THERMOMETER

Check temperature when someone has the signs of a fever

(chills, feels very warm, flushed face, headache, feels tired and weak)

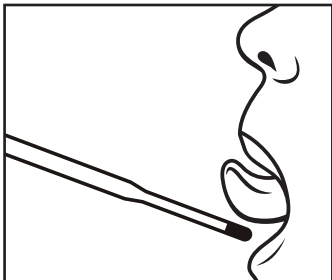
1) GET THE THERMOMETER READY

- Clean thermometer with soapy warm water before and after use.
- Press the button to turn digital thermometer on.



2) PLACE THERMOMETER IN MOUTH OR UNDER ARM

In the Mouth:



- Place tip of thermometer under the tongue.
- Keep the mouth closed and thermometer tip under the tongue.

Under the Arm:



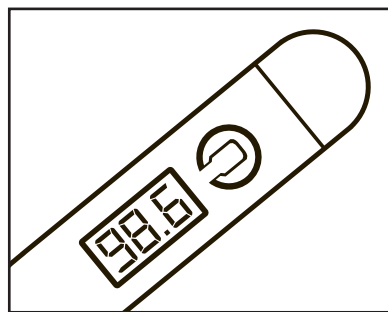
- Place the tip in the armpit.



- Bring the arm down.
- Keep the arm against the person's side.

3) READ THE THERMOMETER

- The numbers on thermometer will flash or it will beep when ready. Remove thermometer and read the temperature shown.
- Normal temperature is around: 98.6°F (mouth), or 97.6°F (arm).
- For correct reading, do not take pain or fever-reducing medicine before taking a temperature.



IF YOU HAVE A FEVER

A fever means your body is working hard to fight off an illness. Rest and drink plenty of liquids to help your body get better faster. Stay home to keep your illness from spreading to others if your temperature is: 100°F or higher (*mouth*) **or** 99°F or higher (*arm*). Schools and child care programs may have different rules about when to keep your child home. Please ask staff at your child's school or child care.

