Steps to Leaps
Well-Being Pillar:

Staying healthy in body, brain and spirit is a life-long journey. Learn strategies to improve your own well-being with steps to security, health and prosperity.

DIGITAL THERMOMETER

Our single-minded focus here at Purdue University Student Health is protecting your health and wellness, so that you can focus on your educational and personal goals. With that in mind, it is officially fall and that means the start of flu season. Flu season will be different this year, with the addition of COVID-19. One of the main symptoms of the flu and COVID-19 is a fever.

A fever is a rise in the body’s temperature that is usually caused by an infection. The normal body temperature is a range of 97-99 degrees Fahrenheit (F), or 37 degrees Celsius (C). In an adult, a fever can be considered to be a temperature of 100.4 degrees F, or higher. The easiest way to determine if you are running a fever is to measure your temperature. You can do this by using a digital thermometer (which we all received in our Protect Purdue COVID-19 bags). Follow these simple step by step instructions on how to use your digital thermometer.

Using a digital oral thermometer

1. Wash your hands with soap and warm water.
2. Use a clean thermometer, (one that has been cleaned with rubbing alcohol or wash with lukewarm soapy water)
3. Do not eat or drink anything for at least five minutes before you take your temperature because the temperature of the food or beverage could make the reading inaccurate. You should keep your mouth closed during this time.
4. Place the thermometer tip under the tongue.
5. Readings will continue to increase and the F (or C) symbol will flash during measurement.
6. Usually, the thermometer will make a beeping noise when the final reading is done (usually about 30 seconds). If you are keeping track, record the temperature and the time.
7. Rinse thermometer in cold water, (then clean with rubbing alcohol, or wash with lukewarm soapy water) then rinse and pat dry.

If you are experiencing a fever, or any other flu or COVID-19 like symptoms (cough, sore throat, runny nose, nausea/vomiting) please call Protect Purdue Health Center (PPHC) at 765-496-4636.

Reference: Cleveland Clinic. How to Use a Thermometer. Accessed 9/30/2020