

Preventive tips to keep you healthy... from New London Hospital.

Home Health Care Tips part 3

More of your health care takes place in your home than anywhere else. Having the right tools, medicines, supplies, and information on hand will improve the quality of your self-care. A thermometer is one self-care tool to consider having in your home.

In health care, thermometers are used to measure body temperature. The body is very good at keeping its temperature within a narrow, safe range in spite of large variations in temperatures outside the body. But if you think you or your child may have a fever, you need to check the temperature. The mouth, ear, armpit, and rectum are the most common places to measure temperature on the body. Temperature can also be measured on your forehead.



Types of Thermometers

Mercury-containing glass thermometers are no longer recommended because of safety concerns. If you have one in your home, consider replacing it with a digital electronic thermometer.

Digital electronic thermometers are accurate, easy to read, and durable. Temperature strips are very convenient and safe but are not as accurate as digital thermometers and should only be used to measure armpit temperature. They are inaccurate when used on the forehead. Thermometers that measure the temperature in the ear are fast, easy to use, and quite accurate, but they are expensive.

For more tips to help you stay well, sign up for our e-newsletter, *Discover Health* by sending your email to discover.health@newlondonhospital.org



Source: National Institutes of Health
Note: This is for information purposes only and not intended for use in place of the advice of a healthcare provider.