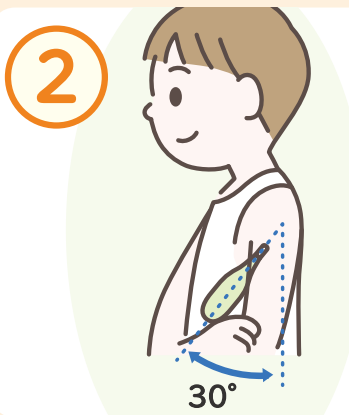# How to Measure Body Temperature in the Armpit

① Place the thermometer tip in the center of your armpit.

Point the thermometer tip up and push it upward that it can be clamped tightly in the armpit.

⬇

② Adjust the thermometer angle to about 30 degrees with concerning for to your upper body and close your armpit tightly.

Hold your arm firmly against your body so that your armpit is closed tightly and the elbow section contacts the flank. To ensure this posture is maintained, it is recommended to hold your hand with your palm facing upward. Also, place your other hand on your elbow and push it lightly against the flank.

30°

⬇

③ To reach the equilibrium temperature, keep still for at least 10 minutes when using mercury or actual measurement type thermometer. When using a predictive measurement type thermometer, remain still for a few tens of seconds until the thermometer beeps (Dozens of seconds※).

※Measurement time depends on the type of thermometer.

Caution before measurement

Do not measure your body temperature for about 30 minutes after drinking/eating, exercising, bathing or coming in from outside. You will not be able to obtain accurate measurement of your temperature. Be sure to wipe armpit sweat completely before measurement. (This caution is particularly important for children who often sweat heavily.)

Caution during measurement

Basically, stay still without moving during measurement.
If you remove the thermometer before completing measurement, always restart measurement from the beginning.

Measurement time period

Measurement time varies depending on the thermometer's measurement method. When actual measurement is selected using a predictive measurement type thermometer, be sure to measure at least for 10 minutes.

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