

DAILY OBSERVATION

1



Observe your child daily for symptoms such as cough and runny nose

2



Measure body temperature with an ear thermometer every day

Normal body temperature is 36.5-37.5°C. Find out the normal temperature of each child will help judge whether he/she has fever or not.



Tips

Take the child's temperature every morning for a week when he/she is well. This can find out his/her average normal body temperature. Most children's body temperature is around 36.5-37.5°C. Parents can use this average reading to evaluate whether your child has fever or not.



Feel body temperature by touching the forehead

It is extremely inaccurate and unreliable to feel body temperature



If you suspect your child has a fever, you can repeat the measurement

If the body temperature is consistently higher than the average body temperature and there are other symptoms such as cough and runny nose, please help your child wear a mask then take him/ her to attend a doctor.