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## Choosing the right fever thermometer for your family

### Ear Thermometers

#### How do ear thermometers work?

The ear is a good site for temperature measurement because it reflects the core temperature of the body<sup>1</sup>. Body temperature is regulated by the hypothalamus<sup>2</sup>, which shares the same blood supply as the tympanic membrane<sup>3</sup>. This means changes in core body temperature are usually detected sooner in the tympanic membrane than other areas.

#### Which one should I choose?

All Braun infrared ear thermometers feature ThermoScan technology, which measure heat generated by the eardrum and surrounding tissue to give an accurate temperature on an easy to read digital display in seconds. With three different models available, your family is in good hands when it comes to measuring temperature.

### Non-Contact Thermometers

#### How do take a thermometer without touching?

Non-Contact thermometers are a quick and fuss-free way of measuring a child's temperature. They measure the infrared heat waves emitted thru the surface of the skin. This method is more gentle than other types of measurements because you don't have to touch to get a reading. It is a great choice when children are sleeping and ideal for newborns and young children, who may find in-ear thermometers off-putting. With this type of measurement location it is important to read the instructions as the measurements can be influenced by air temperature, sweating or other factors.

#### Why should I choose it?

The Braun No touch + forehead with clinically proven accuracy offers two modes, touch and no touch, to provide complete flexibility when it comes to measuring temperature. With a proximity sensor, which indicates the correct distance, and a color-coded display, which conveys normal temperature, fever or a high fever, accurate readings can be achieved with ease.

Additional features include a backlight that is also great for nighttime readings and includes a silent mode for sleeping children, so you can monitor their temperature without disturbing their rest.

## Forehead Thermometers

### How do forehead thermometers work?

Similar to non-contact thermometers, a forehead thermometer is a quick and fuss-free way of measuring a child's temperature that measures the infrared heat waves emitted thru the surface of the skin. The main difference is that you need to gently touch the center of the forehead to take a reading. It is a great choice for young squirmy children that are feeling under the weather.

### Why should I choose it?

The Braun forehead thermometer provides clinically proven accuracy with a simple touch of the forehead. The color coded display helps convey normal temperature, fever or high fever providing reassurance as you interpret the temperature reading. Additional features include memory recall of the last reading and the ability to read in Fahrenheit or Celsius

## Digital stick thermometers

### How does this type of thermometer work?

Digital stick thermometers offer flexibility when taking temperatures, as you can use them under the arm, orally, or rectally allowing you to pick the best method that suits both you and your little one. Using a flexible tip, they can measure temperature accurately for ease of mind.

Braun does not offer a digital stick thermometer but we recommend using the Vicks branded digital stick thermometers. They are all clinically accurate, provide a color coded fever guidance and provide fast readings.

Whether you're after a certain type of thermometer, looking to support your baby's health or searching for a solution for the whole family, Braun's product offering provides several options to suit a variety of needs providing professional accuracy for peace of mind.

<sup>1</sup> Guyton A C, *Textbook of Medical Physiology*, W.B. Saunders, Philadelphia, 2016, p 919.

<sup>2</sup> Guyton A C, *Textbook of Medical Physiology*, W.B. Saunders, Philadelphia, 2016, p 754-5.

<sup>3</sup> Netter H F, *Atlas of Human Anatomy*, Novartis Medical Education, East Hanover, NJ, 1997, pp 63, 95.