Sometimes my body temperature is 99 degrees Fahrenheit. Does this mean I have a low-grade fever?

July 23, 2018 By Lucinda K. Porter RN

It depends. Normal body temperature can range between 97°F (36.1°C) and 99°F (37.2°C), with an average of 98.6°F (37°C). Normal body temperature varies by person and age, so your normal temperature may be different from other peoples. Also, body temperature fluctuates with activity and time of day. Your temperature may be lower in the morning than it is in the afternoon.

A factor that needs to be considered is how you took your temperature. If you measured your temperature under your armpit, then 99°F or higher indicates a fever. Temperature measured rectally or in the ear is a fever at 100.4°F (38°C) or greater. An oral temperature of 100°F (37.8° C) or more is a fever. If you take your temperature by mouth, avoid drinking or eating for at least five minutes prior to inserting the thermometer.

As for your question, if you don’t feel well and have a persistent temperature of 99°F, a doctor will help determine if you have a low grade fever.

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