Temperature of Human By Bryon Verhaeghe

Oral		_	Rectal	
Fahrenheit	Celcius		Fahrenheit	Celcius
97	36.1	low, consider thyroid testing	97.7	36.5
98	36.7	normal	98.7	37.1
99	37.2	warm	99.7	37.6
100	37.8	elevated, the start level of a fever	100.7	38.2
101	38.3	slight fever, also called low grade fever	101.7	38.7
102	38.9	think about why, avoid excess stress such as gym	102.7	39.3
103	39.5	monitor, this level is safe but should not persist for too long (< 2 days)	103.7	39.9
104	40.0	consider medicines, adults tolerate fevers better than young children	104.7	40.4
		Take small children to		
105	40.6	hospital a strong fever, take medications to lower the temp	105.7	41.0
106	41.1	take medicines in the higher recommended range, cool the body	106.7	41.5
107	41.7	use cold water bath, take temp and if needed to bring down fever add pieces of ice	107.7	42.1
108	42.0	Go to a hospital	108.7	42.4

High temps are more dangerous in small children than adults A fever is part of the immune system to kill bacteria.

Not intended to diagnose or treat anything.

www.reboundhealth.com