

BODY

TEMPERATURE

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IMPORTANT

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Introduction

Normal body temperature is a range, with variances by site and by age.

There are many types of thermometer which are suitable for measuring body temperature.

Carefully follow the manufacturer's instructions to obtain an accurate reading. Temperature is typically expressed in degrees Fahrenheit (F) or Degrees Celsius (C).

The following information classifies normal temperature ranges by site and by age.



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Normal Body Temperature Ranges by Site

Oral:	35.5 - 37.5 C	95.9 - 99.5 F
Axillary (armpit):	34.7 - 37.3 C	94.5 - 99.1 F
Rectal:	36.6 - 38.0 C	97.9 - 100.4 F

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Normal Body Temperature Ranges by Age

0 - 2 years	36.4 - 38.0 C	97.5 - 100.4 F
3 - 10 years	36.1 - 37.8 C	97.0 - 100.0 F
11 - 65 years	35.9 - 37.6 C	96.6 - 99.7 F
> 65 years	35.8 - 37.5 C	96.4 - 99.5 F

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Elevated Temperature

What can cause an elevated temperature?

Elevated temperature/fever can be caused by:

- Infection is the most common cause of elevated temperature. Infections may affect the whole body or be localised to a specific part or area.
- Chemical medicines, such as antibiotics, narcotics, barbiturates, antihistamines, and many others may cause an elevated temperature. Some chemical medicines, such as antibiotics raise body temperature as part of their action; other medicines impede the body's natural ability adjust its temperature when other situations cause a temperature increase.
- Trauma or injury, including heart attack, stroke, heat exhaustion, heatstroke, burns, etc.
- Disease such as arthritis, hyperthyroidism, and cancers, such as leukaemia, Hodgkin's lymphoma, liver cancer, and lung cancer, etc.

In any case, elevated temperature indicates a problem that should be addressed.

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