



## Measuring fever in adults

It is wise to take a sick person's temperature even if she/he does not mention about having fever. Touch your own forehead and the person's forehead with both sides of your hand. If the person's forehead is warmer than yours, she/he may have fever. This is a simple way to find out if someone has fever or not.

## Thermometer is used for measuring temperature



- Take a simple oral thermometer and shake it well. See that its mercury mark is below normal (36°C or 98.4°F). Do not hold or touch the bulb of the thermometer. Hold the thermometer by the bigger end with no mercury because mercury line will go up and you might get a wrong reading.
- Put the thermometer's bulb end under the tongue in the patient's mouth or armpit for two minutes.
- The oral temperature is a bit higher than the armpit.
- Take it out to see closely while turning it slowly.
- Record the temperature of a sick person. Is it more than 36°C/98.4°F?
- Temperature of 37°C–39°C is mild fever.
- Between 39°C and 40°C is moderate fever.
- Above 40°C it is high fever (refer any person with high fever after sponging and tablet Paracetamol).
- Clean it with water after each use.
- For your information, thermometers have mercury inside which is toxic and hence adequate care should be taken when used for children.

## Treating Fever

### General treatment

- Mild fever generally needs no treatment unless we are thinking of some infections like malaria, TB, pneumonia etc.
- For moderate fever Paracetamol tablet is the best treatment. One tablet thrice a day is enough for adults. For more details see table