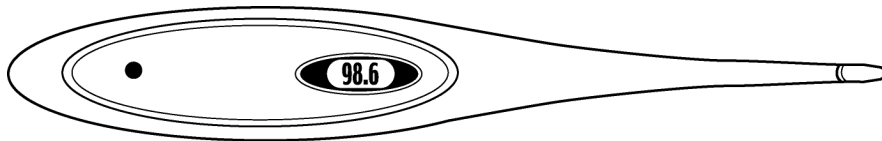


Taking a Temperature

Body heat is measured by taking a temperature with a thermometer. An increase in temperature, called a fever, may be a sign of infection.

The common scale used to measure body temperature in the United States is degrees Fahrenheit (F). Other countries use degrees Centigrade (C). Temperature is measured using a thermometer orally, by placing it in the mouth, or axillary, by placing it under the arm in the armpit. Take a baby's temperature under the arm unless directed otherwise by your doctor.

Buy a digital thermometer at your local grocery or drug store. Ask for help to find them in the store.



Taking a temperature using a digital thermometer

- Oral or Mouth Temperature

Do not put anything hot or cold in the mouth for 15 minutes before taking a temperature. This can affect the reading.

1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol.
3. Turn the thermometer on and cover with a disposable cover if available. Check that the screen is clear of any earlier readings.
4. Place the tip of the thermometer under the tongue toward the back of the mouth.
5. Close the lips gently around the thermometer. Do not bite down. It may need to be held in place with a hand.
6. Keep the thermometer in place until it beeps.
7. Remove the thermometer.

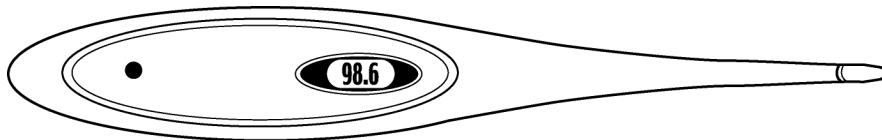
Mjerenje temperature

Tjelesna toplota se mjeri termometrom. Povećanje temperature, zvano groznica, može biti znak infekcije.

Uobičajena skala koja se koristi za mjerenje tjelesne temperature u Sjedinjenim Američkim Država su stepeni Farenhajta (F). Druge zemlje upotrebljavaju Celzijusove (C) stepene.

Temperatura se mjeri koristeći termometar oralno, postavljajući ga u usnu duplju, ili aksilarno, postavljajući ga ispod ruke, pod pazuh. Bebama mjerite temperaturu ispod pazuha, osim ako Vam doktor nije dao drugačije upute.

Kupite digitalni termometar u svojoj lokalnog trgovini ili apoteci. Zatražite pomoć da ih pronađete u trgovini.



Mjerenje temperature digitalnim termometrom

- Oralna ili usna temperatura
Nemojte stavljati ništa hladno ili vruće u usta 15 minuta prije mjerenja temperature. To može uticati na očitavanje.
 1. Izvadite termometar iz kutije.
 2. Očistite termometar sapunom i vodom ili alkoholom za čišćenje.
 3. Uključite termometar ili na njega navucite jednokratnu zaštitnu navlaku, ako je imate. Provjerite da li su sa ekrana obrisana prethodna mjerenja.
 4. Stavite vrh termometra pod jezik prema kraju usne duplje.
 5. Blago zatvorite usne oko termometra. Nemojte ga gristi. Možda će se trebati pridržati rukama da ostane na mjestu.
 6. Držite termometar na mjestu dok se ne čuje zvučni signal.
 7. Izvadite termometar.

8. Read the numbers in the window. These numbers are the temperature.
Normal body temperature is 98.6 degrees F by mouth.
9. Write the temperature down if a record is to be kept.
10. Remove the plastic cover and throw it away in the trash.
11. Clean the thermometer with soap and water or rubbing alcohol.
12. Place the thermometer back in its holder.

Call your doctor:

- As you are directed.
- If your temperature is greater than 101.5 degrees F by mouth.

- **Axillary or Under the Arm Temperature**

Wait 15 minutes after exercising or bathing before checking an axillary temperature. This can affect the reading.

1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol.
3. Turn the thermometer on and cover with a disposable cover if available.
Check that the screen is clear of any earlier readings.
4. Pat the armpit dry with a tissue or cloth. Do not rub when drying because rubbing may warm the skin.
5. Put the covered tip under the arm and rest the arm down across the body.
6. Keep the thermometer in place until it beeps.

8. Očitajte brojeve na ekranu. Ti brojevi prikazuju temperaturu. **Normalna tjelesna temperatura izmjerena u ustima je 37 °C (98.6 °F).**
9. Zapišite temperaturu ako se treba voditi evidencija.
10. Uklonite jednokratnu zaštitnu plastičnu navlaku i bacite je u smeće.
11. Očistite termometar sapunom i vodom ili alkoholom za čišćenje.
12. Termometar vratite nazad u kutiju.

Pozovite svog doktora:

- U skladu sa uputama
- Ako Vam je temperatura u ustima viša od 38.6 °C (101.5 °F).

- **Aksilarna ili temperatura ispod pazuha**

Pričekajte 15 minuta nakon vježbanja ili kupanja prije mjerenja aksilarne temperature. To može uticati na očitavanje.

1. Izvadite termometar iz kutije.
2. Očistite termometar sapunom i vodom ili alkoholom za čišćenje.
3. Uključite termometar i na njega navucite jednokratnu zaštitnu navlaku, ako je imate. Provjerite da li su sa ekrana obrisana prethodna mjerenja.
4. Tapkanjem maramicom ili nekom tkaninom posušite pazuh. Nemojte ga trljati prilikom sušenja jer trljanje može ugrijati kožu.
5. Stavite prekriveni vrh termometra ispod pazuha i odmarajte ruku spuštenu na dole.
6. Držite termometar na mjestu dok ne se na začuje zvučni signal.

7. Remove the thermometer.
8. Read the numbers in the window. These numbers are the temperature.
Normal body temperature is 97.6 degrees F under the arm.
9. Write the temperature down if a record is to be kept.
10. Remove the plastic cover and throw it away in the trash.
11. Clean the thermometer with soap and water or rubbing alcohol.
12. Place the thermometer back in its holder.

Call your doctor:

- As you are directed.
- **If babies less than 2 months old** have a temperature greater than 99.8 degrees F under the arm.
- **If babies older than 2 months, children and adults** have a temperature greater than 100.5 degrees F under the arm.

7. Izvadite termometar
8. Očitajte brojeve na ekranu. Ti brojevi su temperatura. **Normalna tjelesna temperatura mjerena ispod pazuha je 36.4 °C (97.6 °F).**
9. Zapišite temperaturu ako se treba voditi evidencija.
10. Uklonite jednokratnu zaštitnu plastičnu navlaku i bacite je u smeće.
11. Očistite termometar sapunom i vodom ili alkoholom za čišćenje.
12. Termometar vratite nazad u kutiju.

Pozovite svog doktora:

- u skladu sa uputama
- **ako beba mlađa od 2 mjeseca** ima temperaturu ispod pazuha višu od 37.6 °C (99.8 °F)
- **ako beba starija od 2 mjeseca, djeca i odrasli** imaju temperaturu ispod pazuha višu od 38 °C (100.5 °F).

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Taking a Temperature. Bosnian