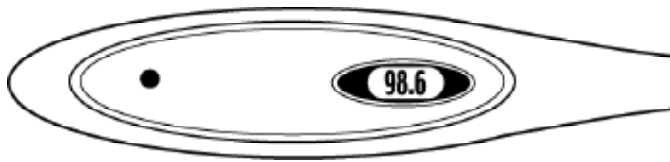


Taking a Temperature

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 the 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.

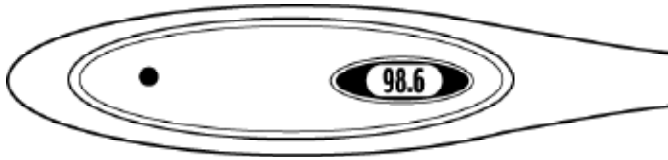
1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol.
3. Turn the thermometer on and cover with a disposable cover if available. Check that the screen is clear of any earlier readings.
4. Place the tip of the thermometer under the tongue toward the back of the mouth.

Heerkul iska Qaadid

Kulka jidhka waxaa lagu cabbiraa iyadoo heerkulka lagu qaadayo heerkulbeeg. Korodh heerkulka ah, oo loo yaqaanno qandho, ayaa ahaan kara calaamad jeermis.

Halbeega guud ee loo isticmaalo in lagu cabbiro heerkulka jidhka ee ka jira Maraykanku waa darajada Fahrenheit (F). Waddammada kale waxay isticmaalaan Sentigareed (C). Heerkulka waxaa lagu cabbiraa iyadoola isticmaalayo heerkulbeeg afka ah, iyadoo afka la dhex gelinayo, ama caawiye, iyadoo la dhigayo xagasha gacanta hoosteeda. Ilmaha heerkulkiisa ka qaad xagasha hoosteeda ilaa iyo inta uu takhtarku si kale ku faro mooyaane.

Heerkulbeeg diijital ah kasoo iibso dukaanka xaafadda ama farmashiyaha. Caawino weydiiso si aad uga hesho dukaanka.



Heerkul iska qaadidda adigoo isticmaalaya heerkulbeeg diijitaal ah

- **Heerkulka afka**

Wax kulul ama qabow ha gashan afka ilaa 15 daqiiqadood ka hor inta aadan heerkulka iska qaadin. Taasi waxay saameyn kartaa akhrinta.

1. Heerkulbeegga ka soo saar galka.
2. Heerkulbeegga ku nadiifi saabbuun iyo biyo ama aalkolo ku xoq.
3. Heerkulbeegga daar kuna dabool dabool la iska tuuri karo haddii la hayo. Hubi in shaashadda aad ka tir-tirtay wixii akhrin hore ah.
4. Meesha ugu sarreysa heerkulbeegga hoos dhig carrabka ee dhinaca danbe ee afka.

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.
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 disposable 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. Faruuryaha si tartiib ah ugu qabo heerkulbeegga. Ha qaniinin. Waxaa laga yaabaa in uu u baahdo in meesha gacanta lagula hayo.
6. Heerkulbeegga meesha ku hay ilaa uu dhiiq ka yiraahdo.
7. Heerkulbeegga meesha ka saar.
8. Lambarrada dariishadda ku qoran akhri. Lambarradaan ayaa ah heerkulka. **Heerkulka jidhka ee caadiga ah waa 98.6 darajo F afka oo u dhiganta 37 darajo oo C ah.**
9. Heerkulka qor haddii diiwaanka la xafidayo.
10. Ka saar daboolka marka kaliya uu isticmaalkiisu yahaycaagga ah ka saar iskagana tuur qashinka.
11. Heerkulbeegga ku nadiifi saabbuun iyo biyo ama ku xoq aalkolo.
12. Heerkulbeegga dib ugu celi galkiisii.

Takhtarkaaga u wac:

- ▶ Sida lagu faray.
 - ▶ Haddii heerkulkaagu uu ka badan yahay 100.5 darajo oo F oo afka ah oo u dhiganta 38.6 darajo oo C ah.
- **Heerkulka Axillary-ga ama Xagasha Hoosteeda**
Sug 15 daqiiqadood markaad jir dhis sameyso ama qubeysato ka hor inta aadan hubin heerkulka axillary. Tani waxay saameyn kartaa akhrinta.
 1. Heerkulbeegga ka soo saar galka.
 2. Heerkulbeegga ku nadiifi saabbuun iyo biyo ama ku xoq aalkolo.
 3. Heerkulbeegga daar kuna dabool dabool la iska tuuri karo haddii la hayo. Hubi in shaashadda aad ka tir-tirtay wixii akhrin hore ah.
 4. Kilkisha ku engeji warqad ama dhar. Ha xoqin marka aad engejineyso maxaa yeelay xoqidda waxay kululeyn kartaa maqaarka.

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.
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 disposable 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.

5. Meesha ugu sarreysa ee daboolan dhig xagasha hoosteeda ka dibna xagasha hoos ugu soo deji jidhka.
6. Heerkulbeegga meesha ku hay ilaa uu biiq ka yiraahdo.
7. Heerkulbeegga meesha ka soo saar.
8. Lambarrada dariishadda ku qoran akhri. Lambarradaan ayaa ah heerkulka. **Heerkulka caadiga ah ee jidhku waa 97.6 darajo F xagasha hoosteeda oo u dhiganta 36.4 darajo oo C ah.**
9. Heerkulka qor haddii diiwaanka la xafidayo.
10. Ka saar daboolka marka kaliya uu isticmaalkiisu yahaycaagga ah ka saar iskagana tuur qashinka.
11. Heerkulbeegga ku nadiifi saabbuun iyo biyo ama ku xoq aalkolo.
12. Heerkulbeegga dib ugu celi galkiisii.

Takhtarkaaga u wac:

- ▶ Sida lagu faray.
- ▶ **Haddii ilmuhu ka yar yahay 2 bilood oo uu leeyahay heerkul ka badan 99.8 darajo F xagasha hoosteeda oo u dhiganta 37.6 darajo oo C ah.**
- ▶ **Haddii ilmaha ka weyn 2 bilood, carruurta iyo dadka waaweyn ay leeyihiin heerkul ka badan 100.5 darajo F xagasha hoosteeda oo u dhiganta 38 darajo oo C ah.**