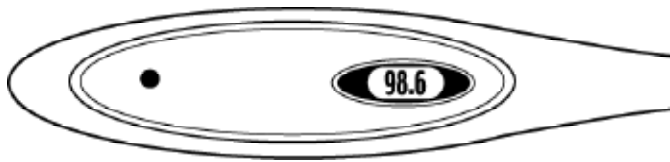


Taking a Temperature

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.

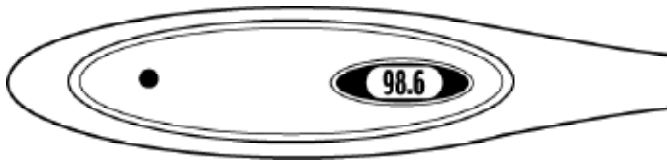
1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol.
3. Turn the thermometer on and cover with a disposable cover if available. Check that the screen is clear of any earlier readings.
4. Place the tip of the thermometer under the tongue toward the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

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 Državama su stepeni Ferenhajta (F). Druge zemlje upotrebljavaju Celzijusove stepene (C). 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 ljekar nije dao drugačije upute.

Kupite digitalni termometar u svojoj najbližoj trgovini ili apoteci. Zatražite pomoć da ga pronađete u trgovini.



Mjerenje temperature digitalnim termometrom

- **Oralna ili temperatura usta**

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 i 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. 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. Blago zatvorite usne oko termometra. Nemojte ga gristi. Možda će se trebati pridržati rukama kako bi ostao na mjestu.
6. Držite termometar na mjestu dok se ne čuje zvučni signal.
7. Izvadite termometar.
8. Očitajte brojeve na ekranu. Ti brojevi prikazuju temperaturu.
Normalna tjelesna temperatura izmjerena u ustima je 98,6 stepeni F.
9. Zapišite temperaturu ako se treba voditi evidencija.
10. Uklonite jednokratnu zaštitnu 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 s uputama.
- ▶ Ako Vam je temperatura u ustima viša od 101,5 stepeni 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. Posušite pazuh tapkajući ga maramicom ili tkaninom. Nemojte ga trljati prilikom sušenja jer trljanje može ugrijati kožu.

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. Stavite prekriveni vrh termometra ispod pazuha i odmarajte ruku spuštenu na dole.
6. Držite termometar na mjestu dok se ne čuje zvučni signal
7. Izvadite termometar.
8. Očitajte brojeve na ekranu. Ti brojevi prikazuju temperaturu.
Normalna tjelesna temperatura izmjerena ispod pazuha je 97,6 stepeni F.
9. Zapišite temperaturu ako se treba voditi evidencija.
10. Uklonite jednokratnu zaštitnu 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 s uputama.
- ▶ **ako bebe mlađe od 2 mjeseca** imaju temperaturu ispod pasha višu od 99,8 stepeni F.
- ▶ **ako beba starija od 2 mjeseca, djeca i odrasli** imaju temperaturu ispod pazuha višu od 100,5 stepeni F.

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Taking a Temperature. Bosnian.