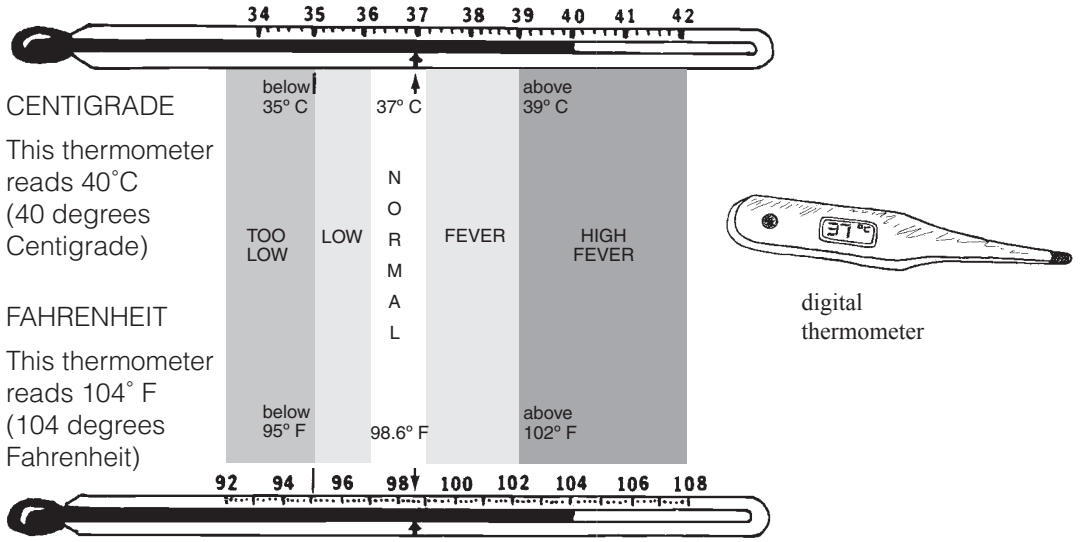


INFORMATION ON VITAL SIGNS

TEMPERATURE

There are two kinds of thermometer scales: Centigrade (°C) and Fahrenheit (°F). Either can be used to measure a person's temperature in degrees (37°C means 37 degrees Centigrade). See p. 31.

Here is how they compare:



PULSE OR HEARTBEAT

For a person at rest { ADULTS. 60 to 80 beats per minute is typical.
CHILDREN. 80 to 100 beats per minute is typical.
BABIES. 100 to 140 beats per minute is typical..
NEWBORNS. 120 to 160 beats per minute is typical.

For each degree Centigrade (C) of fever, the heartbeat usually increases about 20 beats per minute.

RESPIRATION

For a person at rest { ADULTS AND OLDER CHILDREN. . 12 to 20 breaths per minute is typical.
CHILDREN. up to 30 breaths per minute is typical.
BABIES. up to 40 breaths per minute is typical.
NEWBORNS 30 to 60 breaths per minute is typical.

More than 40 shallow breaths a minute usually means pneumonia (see p. 171) for a child or an adult. For babies, 50–60 breaths per minute probably means pneumonia.

BLOOD PRESSURE (This is included for health workers who have the equipment to measure blood pressure.)

For a person at rest, 120/80 is typical, but this varies a lot.

If the first reading (when the sound begins), is over 160, or if the second reading (when the sound disappears), is over 100, this is a danger sign of high blood pressure (see p. 125).