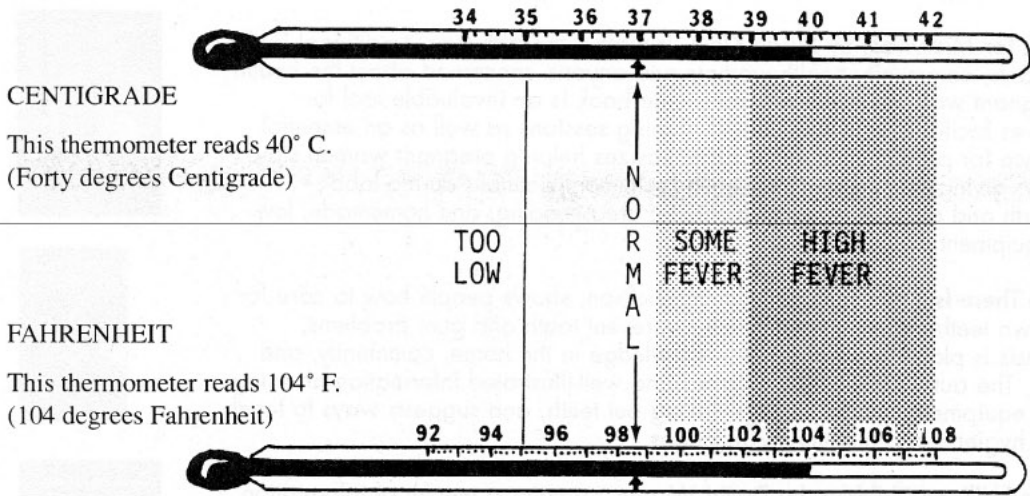


## INFORMATION ON VITAL SIGNS

### TEMPERATURE

There are two kinds of thermometer scales. Centigrade (C.) and Fahrenheit (F.). Either can be used to measure a person's temperature.

Here is how they compare:



### PULSE OR HEARTBEAT

For a person at rest { ADULTS . . . . . 60-80 beats per minute is normal.  
CHILDREN . . . . . 80-100  
BABIES . . . . . 100-140

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

### RESPIRATION

For a person at rest { ADULTS AND LARGE CHILDREN . . . 12-20 breaths per minute is normal.  
CHILDREN . . . . . up to 30 breaths per minute is normal.  
BABIES . . . . . up to 40 breaths per minute is normal.

More than 40 shallow breaths a minute usually means pneumonia (see p. 171).

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

For a person at rest { 120/80 is normal, but this varies a lot.  
If the second reading, when the sound disappears, is over 100, this is a danger sign of high blood pressure (see p. 125).



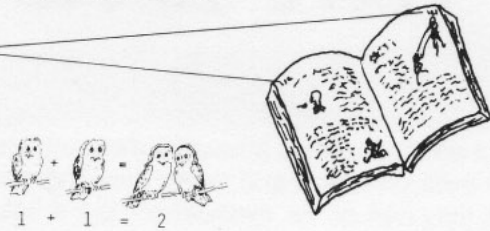
**ABBREVIATIONS** (A shorter way of writing a longer word; a few letters mean the whole word)

p. = page in the book

+ means **and** or **plus**

= means **the same as**, or **is equal to**

% = percent



**WEIGHT** (how heavy something is)

16 ounces (oz.) = 1 pound (lb.)

1 pound = 454 grams (gm.)

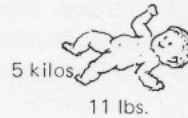
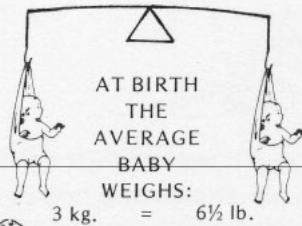
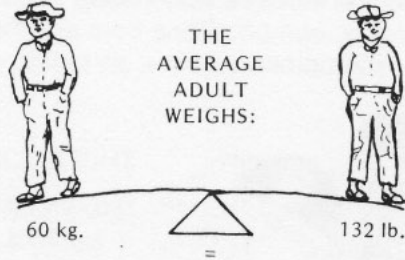
1000 grams = 1 kilogram (kilo, kg.)

1 kilo = 2 1/5 pounds

1 ounce = 28 grams

1 gram = 1000 mg.

1 grain (gr.) = 65 mg.



**VOLUME** (how much space or bulk something has; for measuring liquids)

1000 milliliters (ml.) = 1 liter

1 milliliter = 1 cubic centimeter (cc.)

3 teaspoons (tsp.) = 1 Tablespoon (Tbs.) . . . . . 3 tsp. = 1 Tbs.

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

30 milliliters = about 1 ounce (of water) . . . . . 30 ml. is about 1 ounce

8 ounces = 1 cup

32 ounces = 1 quart (qt.)

1 quart = 0.95 liters (l.)

1 liter = 1.06 quarts . . . . .

