



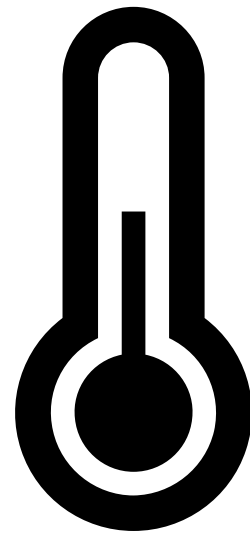
Body temperature

Body temperature:

Hypothermia:	< 35°C Risk of death!
Normal body temperature:	36,5 - 37,5°C
Elevated temperature:	37,5 - 38,0°C

Fever:

Slight fever:	38,1 - 38,5°C
Fever:	38,6 - 39,0°C
High fever:	39,1 - 39,9°C
Very high fever:	40,0 - 42,0°C
Protein denaturation	> 42°C Risk of death!



Fever itself is not a disease, but a reaction of the healthy body to a pathological event. If the patient is not impaired by the increased body temperature, this does not necessarily require treatment.

Cave: Infants up to 6 months should be examined by a doctor as soon as they reach 38°C!

Fever cramp

Trigger:

- Triggered by a sudden and rapid rise in temperature
- Most common in children aged six months to five years
- Congenital predisposition to febrile convulsions possible
- Viral infections are usually the trigger for the fever

Indications:

- Rolling of the eyes or fixed gaze, the child holds its breath, lips turn blue
- the child is no longer responsive, does not react, is unconscious for a short time
- the arms & legs or facial muscles may suddenly begin to twitch rhythmically
- the child goes limp after convulsions, skin colour normalizes, consciousness slowly returns (sleepy and tired).

Measures:

- Protect from injury (e.g. fall) & stay with the child, reassure them
- Do not hold convulsing limbs, pad them, if necessary, loosen clothing
- Measure seizure duration & body temperature after the seizure
- If necessary, place in recovery position & lower body temperature

Cave: Do not forget the emergency call!