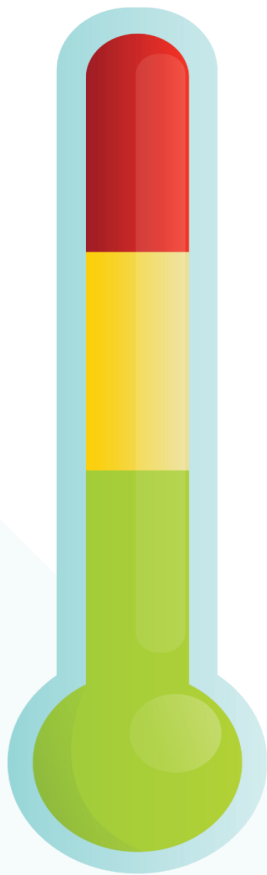


Temperature Monitoring: A Quick Guide for Parents & Carers

Body temperature is one of the body's key vital signs. Monitoring it carefully can help you spot early signs of illness and know when to seek medical care.



High Fever

39.5°C or higher

Fever

38.0°C or higher

Normal

36.4°C – 37.5°C

When to Seek Help:

Babies < 3 months:

Any fever $\geq 38^{\circ}\text{C}$ → Emergency department immediately

Children: Fever $> 39^{\circ}\text{C}$, or fever with serious symptoms

Adults: Fever $\geq 38^{\circ}\text{C}$, especially with chronic conditions or if persistent

Normal Ranges:

Adults: 36.5–37.5°C

Children: 36.5–38°C

Fever: 38°C or higher

Seek urgent help if fever comes with:

- Stiff neck
- Rash
- Difficulty breathing
- Severe pain
- Dehydration (no wet nappies, dry mouth, no tears)
- Unusual drowsiness or unresponsiveness
- Weak immune system
- Fever lasting > 3 days

At Home Care

- Encourage fluids
- Dress lightly, avoid heavy blankets
- Monitor behaviour as well as temperature
- Use fever-reducing medicine only if advised/needed for comfort

Extra Peace of Mind with INS LifeGuard

INS LifeGuard's medical and personal alarm systems provide round-the-clock access to professional medical support from nurses and other healthcare professionals. Our in-home and mobile alarms prioritise prevention, ensuring users receive timely medical advice, emergency assistance, and continuous health monitoring, no matter where they are.