

## Prevention of SARS

### Checking Body Temperature

- ☞ Parents should check the body temperature of their children every day and write down the details on the record sheet provided by school, before letting them go to school.
- ☞ The normal range of body temperature varies from person to person and can be influenced by many factors such as age, time of a day, temperature of surroundings, physical activities, part of body measured, the type of thermometer used, etc.
- ☞ For practical purposes, body temperature would be taken normally through ear or mouth. Oral temperature reflects body temperature better but ear thermometer is useful as a screening tool.
- ☞ The accuracy of different thermometers may vary slightly. Please refer to the instructions on the use of the thermometer before taking body temperature. Usually, the normal range of body temperature for different age groups is listed out in the instructions of ear-type thermometers.
- ☞ Normal reference range of ear temperature quoted in some of the ear-type thermometers is listed below for information:
 

	°C	°F
Age 3-10	36.1-37.8	97.0-100.0
Age 11-65	35.9-37.6	96.6-99.7
- ☞ If oral thermometer is used, body temperature at or below 37.2°C (99.0°F) is considered within the normal range. Oral temperature exceeding 38.0°C or 100.4°F is one of the symptoms of SARS, which warrants prompt medical consultation.
- ☞ If children's body temperature is higher than the normal range, parents should re-check their temperature after eliminating possible environmental causes and allowing the child to rest for 15 - 30 minutes. Parents should not let their children go to school if their body temperature persistently exceeds the normal range.