

What is the normal body temperature? What temperature is abnormal need to see a doctor?

If the body temperature rises too high, it will greatly affect the health status of people. So, what is the normal body temperature and how much is the abnormal temperature?

The balance of heat generation and elimination helps people maintain body temperature. If the body temperature rises too high, it will greatly affect the health status of people. So, what is the normal body temperature and how much is the abnormal temperature?

What is the standard body temperature?

The human body has the ability to regulate body temperature and adapt to the environment. Depending on the activity of the individual or the different times of the day, the body temperature changes. Young people often have higher body temperatures than older people.

The central temperature or core temperature of the human body ranges from 36.5 ° C to 37.1 ° C and the average temperature is about 36.8 ° C.

Central temperature is the temperature of the deep parts of the body such as the brain, liver, brain and organs .

There are 3 ways to measure central temperature:

1. Rectal measurement: With a standard depth of 5-10cm. The temperature measured at this position is considered representative of the central temperature.
2. Oral measurement (sublingual): The temperature at this site is about 0.4-0.6 ° C lower than in the rectum.
3. Measure in the armpit: The temperature at this position is about 0.65 ° C lower than the rectal temperature.

THÂN NHIỆT BÌNH THƯỜNG Ở CÁC VỊ TRÍ ĐO KHÁC NHAU THEO TỪNG ĐỘ TUỔI (THEO TỔ CHỨC Y TẾ THẾ GIỚI)

Nhiệt độ (Độ °C)	0-2 Tuổi	3-10 Tuổi	11-65 Tuổi	Trên 65 Tuổi
Đo miệng	36.4 – 38 °C	35.5 - 37.5 °C	36.4 – 37.5 °C	35.7 – 36.9 °C
Đo hậu môn	36.6 – 38 °C	36.6 – 38 °C	37 – 38.1 °C	36.2 – 37.3 °C
Đo vùng nách	34.7 – 37.3 °C	35.8 – 36.7 °C	35.2 – 36.8 °C	35.5 – 36.3 °C
Đo tai	36.4 – 38 °C	36.1 – 37.7 °C	35.8 – 37.6 °C	35.7 – 37.5 °C
Thân nhiệt	36.4 – 37.7 °C	36.4 – 37.7 °C	36.8 – 37.8 °C	35.8 – 37.1 °C

Table of normal body temperature according to different ages.

What is the abnormal temperature required to see a doctor?

When you feel tired, uncomfortable or hot, you will see your body temperature rise. Cases requiring a medical examination for a fever include:

1. Children under 3 months old: Have fever.
2. Children aged 3-6 months: Body temperature up to 38.9 degrees Celsius accompanied by manifestations such as irritability, apathy or discomfort.
3. Children aged 3-6 months: Body temperature from 38.9 degrees Celsius
4. Children from 6 to 24 months of age: Body temperature above 38.9 degrees Celsius lasts more than a day, with no other symptoms.
5. Children aged 2-17 years: Body temperature up to 38.9 degrees Celsius, accompanied by abnormal irritability, apathy and discomfort.
6. Children 2-17 years of age: Fever above 38.9 degrees C lasts longer than 3 days or does not respond to medication.
7. Adults: Constant fever of 39.4 degrees C or continuous fever for 3 days, does not respond to medication.

You finished reading the article "**What is the normal body temperature? What temperature is abnormal need to see a doctor?**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.