

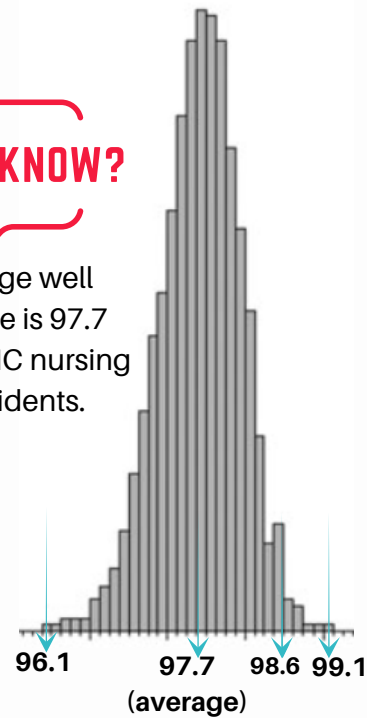
Temperature & Fever in Older Adults

What temperature is normal?

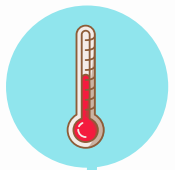
“Normal” body temperature usually isn’t the 98.6 we grew up thinking, especially as we age. Normal temperature differs from person to person. The graph at right shows the range of normal in 2,000 nursing home residents.

DID YOU KNOW?

The average well temperature is 97.7 degrees in NC nursing home residents.



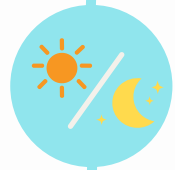
What's a Fever?



The best definition of a fever is 1.4 degrees Fahrenheit above the average normal (non-sick) temperature for that individual.



If a patient's normal is unknown, a rule of thumb for fever is 99.0 and higher.



Because temperature varies by time of day, two temperatures four hours apart is ideal to determine fever.



Consider environmental factors: has the person recently had iced tea? A hot shower?



For more information, review the 15-minute [refresher on fevers](#).



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