

# Notes on Normal Body Temperature

- What is normal body temperature?

Normal body temperature varies from person to person. Note that a person may have a normal temperature of 36.9°C but the other may be at 37.2°C . The temperature measured at different parts of the body also give different readings. A person's oral temperature could be 36.9°C whereas his/her temperature at underarm could be 36.4°C. Hence, the temperature readings measured from different parts of the body should not be directly compared, even if the readings are taken at the same time.

A person body temperature fluctuates throughout the day even if he/she does not have a fever. Fever is a rise in body temperature above the normal body temperature. Therefore, it is important to know your normal body temperature.

A guide of normal temperature range on different locations of the body	
• Oral	35.5°C to 37.5°C
• Underarm	34.7°C to 37.3°C
• Rectum	36.6°C to 38.0°C
• Ear	35.5°C to 37.7°C
• Forehead	35.5°C to 37.7°C