



Vital Signs



Overview

These are measurements of your body temperature and what your heart and lungs are doing. Checking your vital signs gives us a snapshot of your current health. It lets us know if your body is working as it should, or if something is wrong. Let's look at the main vital signs we monitor.

Body temperature

Your body temperature gives us good info about your overall health. For adults, a normal body temperature ranges from 97.8 to 99 degrees Fahrenheit. That's 36.5 to 37.2 degrees Celsius. If it's too high, you have a fever. That can be a sign of infection. If it's too low, you may have hypothermia.

Pulse

Your pulse rate gives us an idea of how your heart is working. In general, a normal pulse rate for a resting adult is 60 to 100 beats per minute. If your heart rate is fast or very slow, or if your pulse is weak, you may be having a medical issue.

Respiration rate

We also look at your respiration rate. That's the number of breaths you take every minute. A healthy adult has a rate of about 12 to 16 breaths per minute. Things like asthma, pneumonia and congestive heart failure can affect this rate.

Blood pressure

And finally, we may take your blood pressure. It tells us how hard your blood is pressing against your vessels during and between heartbeats. Blood pressure that's too high could put you at risk for stroke. Blood pressure that's too low could cause issues like dizziness and fainting.

Conclusion

For more info about vital signs and what they mean for your health, talk to your doctor.