

# Iska cabirida Heer Kulka

## Taking a Temperature

Body heat is measured by taking a temperature with a thermometer. An increase in temperature, called a fever, may be a sign of infection.

The common scale used to measure body temperature in the United States is degrees Fahrenheit (°F). Other countries use degrees Centigrade (°C).

There are different ways to take a temperature. It is often measured using a digital thermometer orally, by placing it in the mouth, or axillary, meaning placing it under the arm in the armpit.

There are special thermometers that can take a tympanic (in the ear), temporal (on the forehead) or rectal temperature.

Take a baby's temperature under the arm unless directed otherwise by the doctor. Talk with your health care provider if you have questions or concerns.

Buy a digital thermometer at your local grocery or drug store. Ask for help to find them in the store.

Kuleelka jirka ayaa la cabiraa ayadoo heerkulka jirka lagu cabiraayo qalabka heerkulka lagu cabiro. Kor u kaca heer kulka, ee loo yaqaan qandhada, waxay ka dhignaan kartaa inuu jiro caabuq.

Cabirka inta badan lagu cabiro heerkulka jirka dalka Maraykanka waxaa lagu cabiraa Fahrenheit (°F). Dalalka kale waxay isticmaalaan digrii Centigrade (°C).

Waxaa jira qaabab kaladuwan oo lagu cabiro heerkulka. Waxaa inta badan lagu cabiraa qalabka heerkulka ayadoo afka laga qaadaayo cabirka, lana gelinaayo afka, ama kilkiisha, micna waxaa qalabka lagu qabtaa kilkiisha gacanta hoosteeda ah.

Waxaa jira qalabka heerkulka oo gaar ah oo lagu cabiro dhagta (dhegta), wajiga (qaybta hore ee jirka) ama heerkulka cabirka laga qaado dabada.

Heerkulka ilmaha ka cabir gacanta hoosteeda illaa inuu si kale kuu sheego dhakharka mahee. Lahadal dhakhtarkaaga daryeelka bixiya haddii aad qabto wax su'aalo ah ama walaacyo ah.

Qalabka heerkulka ee casriga ah kasoo gado dukaamada maxaliga ama baqaarka daawooyinka. Caawimaad dalbo si aad u ogaado dukaan.

## Taking a Temperature Using a Digital Thermometer

### Oral (Mouth)

Do not put anything hot or cold in the mouth for 15 minutes before taking a temperature. This can affect the reading.

1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol. You can also buy tip covers (called probe covers) that you throw away after use.
3. Turn the thermometer on. Check that the screen is clear of any earlier readings.
4. Place the tip of the thermometer under the tongue toward the back of the mouth.
5. Close the lips gently around the thermometer. Do not bite down. It may need to be held in place with a hand.
6. Keep the thermometer in place until it beeps.
7. Remove the thermometer.
8. Read the numbers in the window. These numbers are the temperature. Normal body temperature is 98.6 degrees F (37 degrees C) by mouth.

### Call your doctor:

- If your temperature is greater than 101.5 degrees F by mouth.  
or
- Follow the directions of your doctor, if it is different.

## Cabirida Heerkulka jirka Ayadoo La isticmaalaayo Qalabka heerkulka ee casriga ah

### Afka (Afka)

Wax kuleel ah ama qaboow ah hagashan afka muddo 15 daqiiqo ah kahor intaadan cabirka sameyn. Arrintaan waxay sameyn kartaa natiijada cabirka.

1. Qalabka heerkulka kasoo saar qalabka lagu keeno.
2. Qalabka heerkulka ku nadiifi saabuun iyo biyo ama ku tirtir aalkahool. Waxaa sidoo kale iibsan kartaa furka lagu daboolo (ama ramalka daboolka ah) oo aad tuurayso kadib markaad isticmaasho.
3. Daar qalabka heerkulka. Hubi in shaashada aysan ku qorneyn natiijooyin hore.
4. Ku qabo qalabka heerkulka qaybta hoose ee carabka afka.
5. Si degan ugu qabo bishimaha qalabka heerkulka. Si adag ha u qaniinin. Waa in qalabka gacanta lagula qabto meesha.
6. Qalabka heerkulka ku haay meesha illaa ay cod bixiso.
7. Saar qalabka heerkulka.
8. Akhri natiijada shaashada ka muuqata. Lambaradaas waxay sheegaan heerkulka. Heerkulka jirka ee caadiga ah waa 98.6 digrii F (37 heerka C) marka afka laga qaado cabirka.

### Wac dhakhtarkaaga:

- Haddii heerkulku ka badan yahay 101.5 digrii F markaad cabirka afka ka qaado.  
ama
- Raac tilmaamaha dakhtarkaaga, haddii ay kuwii hore ka duwan yihiin.

## Axillary (Under the Arm)

Wait 15 minutes after exercising or bathing before checking an axillary temperature. This can affect the reading.

1. Take the thermometer out of its holder.
2. Clean the thermometer with soap and water or rubbing alcohol. You can also buy tip covers (called probe covers) that you throw away after use.
3. Turn the thermometer on. Check that the screen is clear of any earlier readings.
4. Pat the armpit dry with a tissue or cloth. Do not rub when drying because rubbing may warm the skin.
5. Put the tip under the arm and rest the arm down across the body.
6. Keep the thermometer in place until it beeps.
7. Remove the thermometer.
8. Read the numbers in the window. These numbers are the temperature. Normal body temperature is 97.6 degrees F (36.4 degrees C) under the arm.

## Kilkisha (Hoostada gacanta)

SUg 15 daqiiqo kadib markaad sameyso jimicsi ama aad qubeysato kahor intaadan cabirka ka qaadin kilkisha. Arrintaan waxay sameyn kartaa natiijada cabirka.

1. Qalabka heerkulka kasoo saar qalabka lagu keeno.
2. Qalabka heerkulka ku nadiifi saabuun iyo biyo ama ku tirtir aalkahool. Waxaa sidoo kale iibsan kartaa furka lagu daboolo (ama ramalka daboolka ah) oo aad tuurayso kadib markaad isticmaasho.
3. Daar qalabka heerkulka. Hubi in shaashada aysan ku qorneyn natiijooyin hore.
4. Xaashi ama dhar ku qalaji kilkisha. Markaad qalajinaysid ha xoqin sababtoo ah xoqidu waxay waxyeelo u geysan kartaa maqaarka.
5. Ku qabo afka qalabka hoosta gacanta gacantana hoos u laad-laadi.
6. Qalabka heerkulka ku haay meesha illaa ay cod bixiso.
7. Saar qalabka heerkulka.
8. Akhri natiijada shaashada ka muuqata. Lambaradaas waxay sheegaan heerkulka. Heerkulka jirka ee caadiga ah waa 97.6 digrii F (36.4 heerka C) marka kilkisha laga qaado cabirka.

**Call your doctor:**

- **Babies less than 2 months old:** a temperature higher than 99.8 degrees F (37.7 degrees C) under the arm.
  - **Babies older than 2 months, children and adults:** a temperature higher than 100.5 degrees F (38 degrees C) under the arm.
- or
- Follow the directions of your doctor, if it is different.

**Wac dhakhtarkaaga:**

- **Ilmaha da'doodu ka yartahay 2 billood:** heerkulka jirka ee ka badan 99.8 digrii F (37.7 digrii C) marka cabirka laga qaado kilkisha.
  - **Ilmaha da'doodu ka wayn tahay 2 billood, carruurta iyo dadka waawayn:** heerkulka jirka ee ka badan 100.5 digrii F (38 digrii C) marka cabirka laga qaado kilkisha.
- ama
- Raac tilmaamaha dakhtarkaaga, haddii ay kuwii hore ka duwan yihiin.