



ADAMS COUNTY FIRE RESCUE

Monitoring Vitals Daily

- **Take your daily medicines.** Do not skip a day and take medicines only as prescribed.
- **Monitor your pulse rate.** A normal adult pulse rate ranges between 60 to 100 beats per minute. A consistently irregular pulse rate that is too low or high can indicate an underlying problem.
- **Check your blood pressure.** Purchasing a home monitor can be a good investment if you consider that hypertension is extremely dangerous and has no symptoms. It puts an extra strain on the arteries and heart, which can lead to strokes, heart attacks, kidney disease and even dementia.
- **Track your weight.** Keeping track of your weight can alert you of unhealthy gains or losses. It is normal for the body to fluctuate 2-3 pounds. But sudden, unintentional changes can indicate an underlying medical issue.
- **Take your temperature.** Normal temperatures typically average around 98.6°F. Abnormal body temperature may need to be discussed with your medical professional. Also, keep in mind that sometimes medications may cause a spike in temperature.
- **Measure your respiratory rate.** A regular respiratory rate for adults falls between 16-20 breaths per minute. It is considered abnormal if it falls below 12 or above 25 while resting. This is an often-overlooked vital sign and can be a predictor of serious illness.
- **Visit primary physician regularly.** Self-monitoring is NOT a substitution for regular visits to a primary physician. Seeking professional medical care at least once a year for a routine physical is important, especially when experiencing underlying problems.