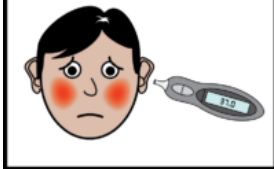


## What is an Annual Health Check?

### Checking your temperature

#### temperature



At your annual health check your doctor or nurse will take your temperature. By either using an ear, under arm or head thermometer

#### good health



Normal temperature is around 37c

#### hot



If you have a high temperature this may show that you are unwell. A high temperature is anything over 37.8c. You may feel hot, cold or shivery.

#### cold



If you have a low temperature this may also show you are unwell.  
A low temperature is 35c or under.






You may be shivering, feel cold, have slurred speech, fast breathing, and tiredness.



Your doctor or nurse will be able to help you if you are feeling unwell.




Have you ever had your temperature checked?

yes	no	don't know
		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

If you did do you know when?

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How did you feel?

good	ok	bad
		
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>