

Body temperature - quiz

Fever, heat stroke and extreme cold can all change a person's body temperature. What is high temperature, what is normal body temperature and what can cause it to drop? Test your knowledge about the conditions that can affect your body temperature.

1. What is the normal body temperature for a human being?

- A. 32°C
- B. 37°C
- C. 45°C

2. True or false: the more serious the illness, the higher the temperature?

- A. True – a serious illness causes a higher temperature than a mild illness.
- B. False – a mild illness usually causes a higher temperature than a serious illness.
- C. It depends – for example, some life-threatening illnesses only cause a small temperature rise.

3. What is the usual cause of fever?

- A. Infection of some kind – for example, viruses or bacteria.
- B. Genetic diseases – for example, Down syndrome or Charcot-Marie-Tooth disease.
- C. Inadequate diet, which causes complications such as anaemia.

4. What is hypothermia

- A. A body temperature that is too low – for example, below 35°C.
- B. A body temperature that is too high – for example, above 40°C.
- C. A blood disease that involves insufficient platelets to clot wounds.

5. What is heat stress?

- A. A condition that occurs when the body produces or absorbs more heat than it can get rid of by normal cooling processes such as sweating.
- B. Irritability followed by the body's inability to digest carbohydrates.
- C. Drowsiness followed by the body's inability to keep warm.

6. What are some of the symptoms of heat stroke?

- A. Low temperature, profuse sweating, slow heart rate, back pain and memory loss.
- B. Depression, clammy skin, high blood pressure and foot pain.
- C. High temperature, rapid pulse, headache and confusion.

7. What is frostbite?

- A. A condition that involves freezing of skin tissues.
- B. A condition that involves freckling of skin tissues.
- C. A condition that involves roasting of skin tissues.

8. What is hyperhidrosis?

- A. The inability to sweat.
- B. Abnormal increased sweating.
- C. A confused and manic state of mind caused by prolonged heat exposure, also known as 'going troppo'.

Calculate score

Your score is:

Score 0 to 2:

You need to brush up your knowledge about body temperature. Read Better Health Channel fact sheets on relevant topics to learn more.

Score 3 to 5:

Good try, but some of your ideas on body temperature aren't accurate. Read some of the fact sheets on Better Health Channel to learn more.

Score 6 to 8:

Congratulations, you seem to know quite a lot about body temperature.

> Check the best answers.

This page has been produced in consultation with, and approved by:

Ambulance Victoria

This Better Health Channel fact sheet has passed through a rigorous approval process. The information provided was accurate at the time of publication and is not intended to take the place of medical advice. Please seek advice from a qualified health care professional.

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