




VITALS ARE KEY FOR YOU AND ME



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*"My Health
to Better
Living..."*

The Oklahoma State University STEMist interns are not certified medical professionals. All information provided in these handouts are derived directly from the Centers for Disease Control and Prevention, are mandated and approved by Oklahoma State University to its employees and students, and/or is referenced directly from trusted sources.

Visit with a trusted parent or guardian for any further questions about COVID 19. Visit credible sources such as the Centers for Disease Control and Prevention for more information regarding the coronavirus pandemic.

Vitals Are Key For You And Me

OVERVIEW

The [CDC states that](#), "Social distancing, also called 'physical distancing,' means keeping a safe space between yourself and other people who are not from your household."

The CDC recommends staying 6 feet (about 2 arms' length) away from other people who are not from your household will help reduce the spread of COVID-19. COVID-19 spreads mainly when in close contact with someone who has contracted the virus. It is extremely important to maintain social distancing when in contact with people who are at a higher risk for severe illness. The [CDC informs us that](#), "COVID-19 can live for hours on a surface, depending on factors such as sunlight, humidity, and the type of surface."

We all have a role in the spread of COVID-19, and if we practice social distancing and use proper protective wear we can help slow the spread in communities.

Social distancing tips from CDC: Know and follow guidance from local public health authorities where you live, prepare for transportation, maintain social distance if riding a bus, walking and avoiding car pooled rides, limit contact when running errands, choose safe social activities, keep distance at events and gatherings , stay active- consider going for a walk, bike ride, etc, but make sure to stay distanced from others.



It is so important to take precautions to keep yourself safe, but it is equally as important to know what's normal for your body. You can learn this by measuring your vitals. Lets learn to read our heart rate and know the normal body temperature.



EXERCISE

EXPLANATION

Your moderate intensity heart rate should be between 64% and 76% of the maximum rate. Let's find out what the maximum rate is based upon our age. Subtract your age from 220 then multiple by 0.64 to get the 64% rate. Subtract your age from 220 then multiple by 0.76 to get the 76% range.

For example, if you are 10 years old. The math would look like this

$$220 - 10 = 210$$

$$210 \times 0.64 = 134 \text{ bpm}$$

$$210 \times 0.76 = 160 \text{ bpm}$$

So for a 10 year old the moderate intensity heart rate should be between 134 and 160 bpm. Same math applies as before.

For vigorous-intensity your heart rate should be between 77% and 93% For example, the vigorous-intensity heart rate for a 16 year old would be:

$$220 - 16 = 204$$

$$204 \times 0.77 = 157 \text{ bpm}$$

$$204 \times 0.93 = 190 \text{ bpm}$$

For a 16 year old the vigorous- intensity heart rate should be between 157 and 190 bpm.

You can [determine your pulse](#) by placing the tips of the index and middle finger (do not use your thumb) over the artery located on your neck, wrist or chest. Try your wrist, you can feel the pulse on the artery lined with your thumb. Hold fingers there for 30 seconds counting each beat.

Your body regulates its temperature to ensure that the body stays healthy and functions properly. When you get hot your blood vessels widen to carry heat to the skin's surface, creating sweat to help cool your body. When your body gets cold the blood vessels narrow, reducing contact with the skin to save body heat. You can measure your body temperature in a few places: the mouth, ear and armpit to name a few. The temperature reading from your ear may be higher than oral reading and that's okay. A fever is considered a temperature of 100.4 or higher. Your [normal body temperature](#) fluctuates between 97.9 degrees Fahrenheit to 99 degrees Fahrenheit.



ACTIVITY

MATERIALS NEEDED

Plastic tubing (2 feet, 7 1/16 inch outer diameter)

Medium funnel

Balloon

Stopwatch

Scissors

Masking tape

STEPS

Today, you will be making a Low Cost Stethoscope. This does not provide a 100 % accurate reading level, nor is it supported by practicing medical professionals.

Step 1: Cut a piece of the balloon large enough to fit over the opening of the funnel.

Step 2: Completely cover the large opening of the funnel with the balloon and make sure it is tight.

Step 3: Fit one end of the rubber tubing over or inserted into the narrow end of the funnel. It should fit very snugly. You can use tape to help hold it better.

Step 4: Take the balloon-covered end of the funnel, and place it on the left part of your chest, slightly centered.

Step 5: Place the narrow end of the tube into your ear. Be careful not to stick it too far into your ear. Listen for a thumping noise.



RESOURCES AND SUPPLEMENTARY MATERIALS

[CDC Key Times to Practice Social Distancing Youtube Video](#)

[University of Michigan Get the Beat Curriculum](#)

