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How to use Pulse and Respiratory Rates to manage fevers and upper respiratory tract infections

Normal pulse rates BPM at rest, by age:

Infant 130-140
Toddler 100-130
Older Children 90-110
Adolescence 80-100
Adult 60-100

Normal respiratory rates, by age:

Newborns: Average 44 breaths per minute
Infants: 20-40 breaths per minute
Preschool children (2-5): 20-30 breaths per minute
Older children (6-18): 16-25 breaths per minute
Adults (18+): 12 to 20 breaths per minute