

## Normal Vital Signs – Reference Card

This card serves as a reference for normal adult and pediatric vital sign ranges. Note that the term “normal” is relative, and the individual circumstances of each patient case must be considered.



<b>Respiratory rate</b>	12-20 breaths/min
<b>Heart rate</b>	60-100 beats/min
<b>Pulse oximetry (SpO<sub>2</sub>)</b>	95-100%
<b>End-tidal carbon dioxide (EtCO<sub>2</sub>)</b>	35-45 mmHg
<b>Noninvasive blood pressure</b>	Systolic: 90-130 mmHg Diastolic: 60-80 mmHg Mean arterial pressure (MAP): 70-150 mmHg
<b>Temperature</b>	98.6 °F (37 °C)



Age	Heart rate (beats/minute)	Sleeping heart rate (beats/min)	Respiratory rate (breaths/minute)
Neonate	100-205	90-160	–
Infant	100-180	90-160	30-53
Toddler	98-140	80-120	22-37
Preschooler	80-120	65-100	20-28
School-aged child	75-118	58-90	18-25
Adolescent	60-100	50-90	12-20

Age	Systolic blood pressure (mmHg)	Diastolic blood pressure (mmHg)	Mean arterial pressure (MAP)
Birth (12 h, <1000 g)	39-59	16-36	28-42
Birth (12 h, 3 kg)	60-76	31-45	48-57
Neonate (96 h)	67-84	35-53	45-60
Infant (1-12 mo)	72-104	37-56	50-62
Toddler (1-2 y)	86-106	42-63	49-62
Preschooler (3-5 y)	89-112	46-72	58-69
School-aged child (6-7 y)	97-115	57-76	66-72
Preadolescent (10-12 y)	102-120	61-80	71-79
Adolescent (12-15 y)	110-131	64-83	73-84

1. American Heart Association. Pediatric advanced life support. Original English ed. USA: American Heart Association; 2016.