

FEVER (ADULT)

Fever is when the temperature of the body is greater than 37.5°C. It is not an illness in itself but a reaction of the body. There are many causes of fever, such as infections, inflammations (such as arthritis), or as a reaction to certain medications.

Instructions

1. Decrease your activity and rest more when you have fever.
2. Drink plenty of liquids when you have fever.
3. A cold compress or ice bag placed under your arms or on the back of your neck, or sponging with slightly warm water, may help to reduce your temperature.

See a doctor if:

1. Your fever lasts more than 3 or 4 days or your temperature is over 39°C.
2. You develop new symptoms.

Visit an Emergency Department if:

1. Your temperature is over 40°C.
2. You are lethargic or unwell, with symptoms such as shortness of breath, chest pain, severe abdominal pain or giddiness.