

Emergency Department

Fever

General Information

A fever is a body temperature taken by mouth that is over 38.0°C (100.4°F). Many disease can cause a fever. The most common cause is a bacterial or viral infection. A fever is not necessarily harmful. It is a way of helping your body fight off the infection.

Instructions

1. To reduce your fever:
 - a) You may use acetaminophen (Tylenol) or ibuprofen (Advil or Motrin).
Use only as directed by your doctor.
 - b) Place a cold compress under your arms or on the back of your neck, or sponge off with lukewarm water.
2. You may feel better if you decrease your activity or rest in bed.
3. Drink a glass of water, juice, or other cool fluid every hour while you are awake.

See your Family Doctor if any of the following develop

- Your fever lasts more than 3 or 4 days.
- You have developed new symptoms of illness.

For more information or questions contact HealthLinkBC at 811.

For more copies, go online at <http://vch.eduhealth.ca> or
email pchem@vch.ca and quote Catalogue No. **FA.113.F436**
© Vancouver Coastal Health, November 2015

The information in this document is intended solely for the
person to whom it was given by the health care team.
www.vch.ca