

Fever

EMERGENCY: CALL **911** IF

- You have trouble breathing.
- You have chest pain.
- You have trouble urinating.
- You are confused.



When to seek **professional** help

- Your temperature rises above 39 °C (102 °F) and is not going down in spite of taking medication.
- You have stomach pain or are vomiting.
- You have had a fever for more than 2 days with no improvement.
- Spots, patches or redness appear on your skin.
- You recently traveled to a country where, according to the Government of Canada (travel.gc.ca), there are health risks.

How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

A normal body temperature is between 35.5 °C and 37.5 °C (95.9 °F and 99.5 °F). Having a fever is a sign that you are sick. Your body raises its temperature to protect itself. A thermometer reading of 38 °C (100.4 °F) or higher means you have a fever.

What to do at home



Rest: Help your body fight off the infection by resting.



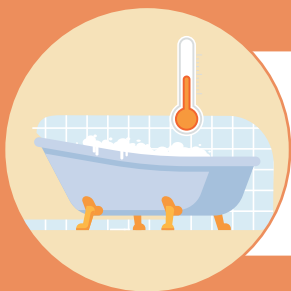
Hydrate: Drink plenty of water, herbal tea or broth.



Medication: If there are no contraindications, take medications such as acetaminophen (Tylenol®) or ibuprofen (Advil®). Follow the directions and ask your pharmacist for advice.



Temperature: Dress lightly. Avoid blankets that are too heavy or too warm. Keep the house at a comfortable temperature.



Bath: Take a warm bath to bring down the fever. Avoid cold showers and cold baths.



Follow-up: Take note of your symptoms and temperature. This information could be useful if you have to call 811 to speak with a nurse.