Fever, Adult

A fever is a temperature over 98.6° F (37.0° C).

HOME CARE:

- If you have a fever:
  - Rest.
  - Wear lightweight, loose clothes.
  - Place a cold towel on your forehead.
- If your fever stays over 103° F (39.4° C):
  - A warm shower may help.
  - **Do not** take a cold shower. This may make the fever go up.
- If your fever is down to 100° to 101° F (37.8° to 38.3° C):
  - Continue with fever control.
  - Follow up with your doctor as needed.
- Only take medicine as directed by your doctor.

GET HELP IF:

- You have a fever above 102° F (38.9° C).
- You have new problems.
- You have no relief with medicine.

GET HELP RIGHT AWAY IF:

- You have an oral temperature above 102° F (38.9° C), not controlled by medicine.
- Your medicine does not help you.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 03/14/2011
ExitCare® Patient Information ©2011 ExitCare, LLC.