

The Do's & Don'ts of a FEVER

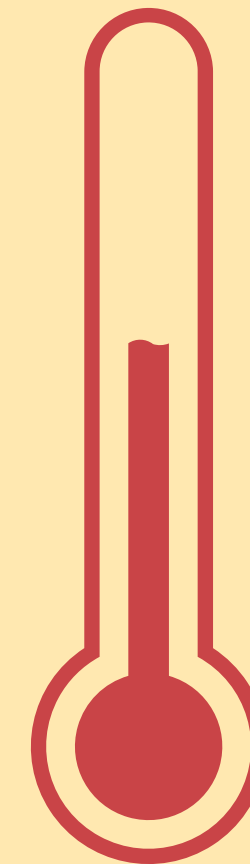
BROUGHT TO YOU BY SARAH - A REGISTERED NURSE



What is a fever?

A fever is a temporary rise in body temperature. It's one part of an overall response from the body's immune system.

A fever is usually caused by an infection.



Where to check?

There are many places you can check a person's temperature.

- Under their arm
- Rectally
- Orally
- Panadol Gun
- Tympanic Membrane Thermometer



Symptoms of a fever

- Sweating
- Chills
- Headache
- Muscle Ache
- Appetite Loss
- Irritated
- Feeling of weakness



What to DO:

- 1 Stay hydrated with lots of fluids
- 2 Rest! Give your body time to recover
- 3 Medication - take Panadol or Neurofen
- 4 If you have any herbal remedies then they can also help



What NOT to do:

- 1 Take a tepid bath or shower - it can cause the body temperature to rise
- 2 Don't increase your body temperature



When to seek medical advice

- 1 If your fever is more than 38' then seek medical attention
- 2 If your fever is more than 40' then get URGENT medical attention

