

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 is higher than 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.
- There are spots, patches or redness that have appeared on your skin.
- You traveled to a country that, according to the Government of Canada, poses a health risk (voyage.gc.ca).

How to get **help**

- 24/7, dial **811** *option 1*
- 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

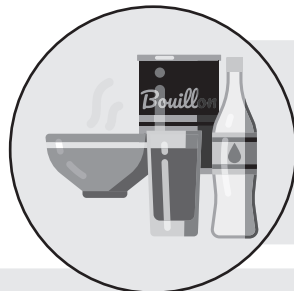
This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

Having a fever is a sign that you are sick.
Your body raises its temperature to protect itself.
You have a fever if your temperature is higher
than 38 °C or 100.4 °F.

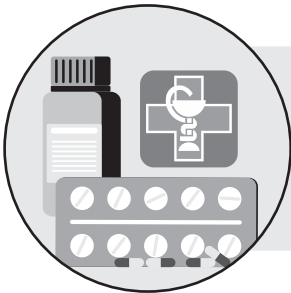
What to do at home



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



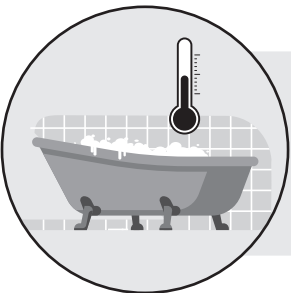
Hydrate: Drink plenty of water or fluids such as herbal tea or broth.



Medication: 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.