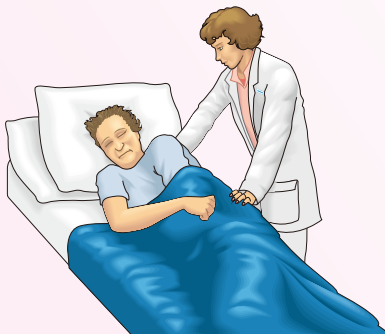


7. Use fever-reducing medicines only under the doctor's instructions.
  - a. Use fever-reducing medicine only if axillary temperature is above 38°C (or anal temperature above 39°C).
  - b. Use the suppository when the temperature is over 38.5°C (or anal temperature above 39.5°C).
  - c. Use the fever-reducing medicine every 4 to 6 hours as needed and use anal suppositories ever 6 to 8 hours as need. Do not use both medicines at the same time.
  - d. Monitor the body temperature closely.

**(D) Return to the hospital should the following situations occur:**

1. Persistent high fever above 40°C even after giving fever-reducing drug.
2. High fever over three days.
3. Twitching, uprolling eyeballs, and altered consciousness.
4. Abdominal distention, poor appetite or poor activity level.
5. Rash or peeling of skin.



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# How to care the patient with a fever

## 發燒的居家護理

## Home care series

Dear friends,

When your member has a fever, you might be anxious and worried that his or her brain could get damaged. As a matter of fact, fever is only a symptom. It can activate the defense system in the body to fight diseases. Rumor has it that fever may harm the brain. However, such harm is actually not caused by fever itself, but by the diseases that cause the fever, such as encephalitis and kernicterus ("nuclear jaundice").

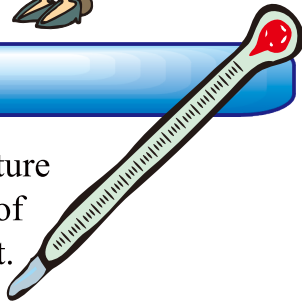
### (A) Normal body temperature (in Celsius)

1. Axillary temperature: 36-37°C (96.8-98.6°F)
2. Anal temperature: 37-38°C (98.6-100.4°F)
3. Ear temperature: 36.5-37.5°C (97.7-99.5°F)
4. Oral temperature: 36.5-37.5°C (97.7-99.5°F)



### (B) Definition of fever

When the body temperature exceeds the upper limit of normal a fever is present.



### (C) How to manage fever

1. External cooling
  - a. Ice pillow: An ice pillow may be used when the patient's axillary temperature is above 37.5°C (or anal temperature above 38.5°C). Newborn babies less than three months old should use cool water pillow instead. Change the ice pillow every two hours till the temperature is normal. If the patient shivers, remove the ice pillow and keep the patient warm by adding cover blanket.
  - b. Tepid water sponge bath: If the patient's axillary temperature is above 38°C (or anal temperature above 39°C), use a towel or sponge moisturized with tepid water to pat the body, limbs, and axilla.
2. Make sure the room is ventilated well. Room temperature should be kept between 24-26°C.
3. Remove some clothing and quilted cover in order to enhance the dissipation of body heat.
4. Encourage the patient to drink more fluids. When the patient is having a fever, water is lost from the respiratory tract and the skin. Therefore, it is necessary to supply the body with fluids such as water, juices, soft drinks, and fruits.



5. Make the patient comfortable and encourage him or her to rest:
  - a. Reduce the intensity of indoor lighting. Try to keep the environment quiet.
  - b. Keep the patient's skin clean and dry. Damp clothing should be changed immediately.
  - c. When the patient's lips, tongue, and mouth is dry and cracked, rinse the mouth frequently or use glycerin (or lip balm) to moisten the lips.
6. Consume adequate amount of nutrition: Patient with a fever usually has a poor appetite. If this happens, try to reduce the amount of a meal but to increase the number of meals. Meanwhile, try to provide foods with high calorie, high protein and preferably in liquid form such as milk, meat porridge or fish soup.

