

# 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](http://voyage.gc.ca)).

## How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your CLSC
- 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](http://rvsq.gouv.qc.ca)

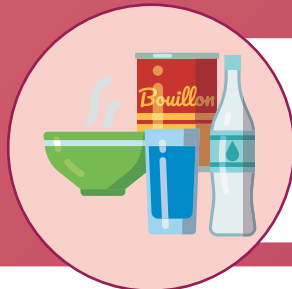
This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

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.



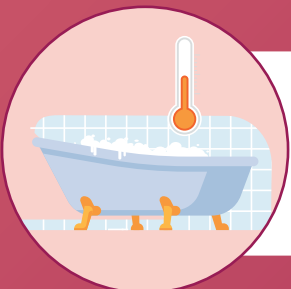
**Hydrate:** Drink plenty of water or fluids such as herbal tea or broth.



**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.