

What to Do If You Have a Fever

This handout offers you information on what to do if you have a fever. For 21 days after you have systemic therapy treatment, a fever can be a medical emergency.

Keep a digital thermometer at home. Take your temperature if you feel hot or unwell (example: experiencing chills).

You have a fever if when your temperature using an oral (inserted into your mouth) thermometer is:

- **Above 38.3° C/100.9°F at any time or**
- **Above 38.0° C/100.4°F for more than 1 hour.**

A cancer centre nurse will provide you with a fever card or it may be attached to this handout.

What to do if you have a fever

Go to the Emergency Department (ED) at the hospital closest to you if you have a fever. Take your fever card with you. Do not take a medication (examples: acetaminophen or ibuprofen) to lower your fever before you go to the ED as it may hide your fever.

How to use your fever card

One side of the fever card tells you when to go to the ED. The other side of the card gives information to the nurse and doctor in the ED. Take the fever card with you to the ED. It is important you show the fever card to the ED nurse and the ED doctor.

When you arrive at the Emergency Department

Use hand sanitizer and put on a mask when you get to the ED. This helps protect you from infection. You are triaged (prioritized) based on the reason you have come to the ED.

After you register, you will be asked to take a seat in the ED waiting room along with other patients. We understand this may make you feel anxious. We know waiting is hard. The healthcare team in the ED understands why you are there and will give you the care you need.

Talk to a member of your healthcare team if you have questions or do not understand any information in this handout.