

Fever

Severity

Complexity

Duration

Description

The normal body temperature is about 37°C but can vary slightly from person to person. A fever is generally considered when the temperature of the body rises above 38°C.

Typical Symptoms

In most cases a fever will only last a few days and will resolve without the need for treatment.

Symptoms often associated with a fever include:

- Feeling unwell
- Feeling hot and sweaty
- Shivering
- Feeling flushed in the face

The actual rise in temperature does not always correlate directly with the severity of the illness. It is more important to look at the whole health of a person not just temperature so if you are unsure speaking to your Doctor or Pharmacist can be vital.

Seek further Medical help

- you have a fever with a headache and a stiff neck or a fever with a non-blanching rash - **urgent medical attention required**
- your fever lasts longer than 3 days.
- your child is less than 3 months and has a temperature above 38°C
- your temperature is over 40°C
- you feel hot but are not sweating
- you feel confused and drowsy
- you have a severe headache that doesn't respond to painkillers
- you have recently travelled overseas

Treatment

 **If your temperature is up but you feel fine, there is no need for treatment.**

Reducing a temperature will not speed up recovery but it might make you feel better while your body is fighting off an infection.

Medicine— Taking Paracetamol or Ibuprofen as per the directions on the packaging may reduce your temperature, in some situations using both Paracetamol and Ibuprofen simultaneously may be appropriate, but it always best to check with your Pharmacist to ensure this is a safe treatment for you.

Other helpful tips

- Drink plenty of water to avoid dehydration
- Use a cold face washer on your skin or stand in front of a fan
- Try to rest



Warning - Always read the label. Use only as directed. Incorrect use can be harmful. Contact your doctor or healthcare professional if pain or symptoms persist. Vitamin supplements may only be of assistance if dietary intake is inadequate. Health information is general in nature and you must seek appropriate medical advice for your personal condition.

MORE INFO?
Contact our Pharmacists
Richard or Sam NOW

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