



# Tips for Managing Fever

Fever is a temperature of 100.5°F (38°C) or higher. A temperature of 98.6°F (37°C) is normal. A fever is often a sign of an infection, although there can be other causes, such as a drug reaction or cancer itself.

Chemotherapy can lower your white blood cell count, which weakens your immune system, and puts you at risk for infection. While you are receiving chemotherapy, fever may be a sign of infection, a drug side effect, or a symptom of cancer.

## Things you can do on your own



- Buy an easy to use, digital thermometer
- Keep a record of your temperature readings to share with your care team
- Do not take your temperature right after drinking hot or cold liquids
- Stay hydrated
  - Drink liquids such as water, fruit juice, and herbal tea
  - Eat hydrating foods like ice pops, gelatin, and soups
- Make sure to get plenty of rest

## With over-the-counter medications



- During chemotherapy treatment, it may not be safe for you to take over-the-counter medications unless directly instructed by your care team
- **Only** if you have been directly instructed by your care team, you may take acetaminophen (Tylenol®) or ibuprofen (Advil®)

**REMINDER - Always keep your care team updated about over-the-counter medicines you are taking. If your care team tells you they are not safe for you, do not take them.**

## When to call your care team for help



- If you have a temperature of 100.5°F (38°C) or higher when taken by mouth
- If you become confused, forgetful, or are not making sense
- If you experience shaking, chills, or feeling very unwell
- If you are unable to take in enough fluids to stay hydrated