



馬偕醫院護理部  
MACKAY MEMORIAL HOSPITAL

## Fever Care Note

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### I. What is “Fever”?

Fever means high body temperature, and there are many reasons for fever, such as infection, inflammation, drug ,or diseases. If the body temperature is or above 38 °C , it is a sign of fever, at home you can record your body temperature and medication record witch maybe is helpful for your doctor’s diagnosis.

### II. Management of fever

1. If you experience chills and tremors, increase covers. If you start sweating or chillness subsides, you can reduce covers and change into loose and cotton clothing.
2. Bathe in lukewarm water or use an ice pillow to maintain comfort.
3. If there no contraindications drink more water (Adult: about 2500 ~ 3000cc /day), eat small frequent meals, increase protein,vitamin-rich, low fat, and light diets to supplement water and energy loss as a result of fever.
4. Keep a room temperature of 24-27°C with adequate airflow. Increase oral hygiene to avoid odor, bed rest is encouraged, and limit visitors.
5. Please follow Doctor's instructions in using antipyretics or anal supp. If fever persists, please make a follow-up appointment.

If you have any question or suggestion, please contact us. We are happy to provide you services to you. Contact telephone number: MacKay Memorial Hospital: (02)25713760; Hsinchu MacKay Memorial Hospital: (03)5745098; Taitung MacKay Memorial Hospital: (089)310150 ext: 624. Time of consultant: 9:00 am~12:00 noon, 2:00 pm~5:00 pm Monday ~ Friday.

**May God bless you**