

Fever is when a human's body temperature goes above the normal range of 36–37° Centigrade (98–100° Fahrenheit). It is a common medical sign. Other terms for a fever include pyrexia and controlled hyperthermia. As the body temperature goes up, the person may feel cold until it levels off and stops rising.

## Is it fever?

- significant fever is defined as a body temperature of:
  - 37.5°C or greater (oral)
  - 37.2°C or greater (axillary)
  - 37.8°C or greater (tympanic)
  - 38°C or greater (rectal)
- associated signs & symptoms:
  - shivering
  - shaking
  - chills
  - aching muscles and joints
  - other body aches

## Non-pharmacological measures

- reduce room temperature
- wear loose clothing
- cooling the face by using a cool flannel or cloth
- oral fluids
- avoid alcohol
- portable fans used in clinical areas have been linked to cross infection in health and social care facilities, although there is no strong evidence yet
- portable fans are not recommended for use during outbreaks of infection or when a patient is known or suspected to have an infectious agent

## Pharmacological measures

- paracetamol 1g PO / IV / PR QDS

**\*\*NSAIDs contraindicated in COVID-19\*\*** (Day, 2020)

- if a patient is close to the end of life, it may be appropriate to consider use of NSAIDs (e.g. parecoxib 40mg SC OD-BD; maximum 80mg in 24 hours)

Normal body temperature: 98.6°F (37°C)



Body fever temperature: > 100°F (37.7°C)



Rectal fever temperature: > 100.5°F (38°C)

