

# Tips for Managing Fever



Fever is a temperature of 100.4°F (38°C) or higher. A temperature of 98.6°F (37°C) is normal. A fever is often a sign of an infection. Other causes are reactions to a medicine or a symptom of cancer.

People with cancer have a high risk of infection because many cancer treatments lower your white blood cell counts. White blood cells help to fight infection.



## 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.
- Sponge yourself with cool water on your forehead.



## With over-the-counter medications

**Ask your care team if you can take over-the-counter medicines.**

- Only take acetaminophen (Tylenol) or ibuprofen (Advil) if directed by your care team.



## When to call your care team for help

- If you have a temperature of 100.4°F (38°C) or higher when taken by mouth
- If you become confused, forgetful, or are not making sense
- If you have sweats, chills, or feel very unwell
- If you are unable to take in enough fluids to stay hydrated



For more information and support, visit the American Cancer Society website at [cancer.org/fever](https://cancer.org/fever) or call us at **1-800-227-2345**. We're here when you need us.