How to tell if you have a Fever

You have a fever if your temperature taken by mouth (oral temperature) is:

- 38.3°C (100.9°F) or higher at any time
- 38.0°C (100.4°F) or higher for at least one hour

While you are getting chemotherapy treatments:

- Keep a digital thermometer at home and take your temperature if you feel hot or unwell (for example, chills)
- Avoid taking fever medications like acetaminophen (Tylenol) or ibuprofen (Advil) before you take your temperature as they may hide a fever
- Do not eat or drink anything hot or cold right before taking your temperature

If you have a fever, talk to your health care team or go to the closest emergency room. For more links to helpful information go to: www.cancercare.on.ca/symptoms

Need this information in an accessible format?
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