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# 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

**OR**

**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

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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](http://www.cancercare.on.ca/symptoms)**



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**Need this information in an accessible format?**

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