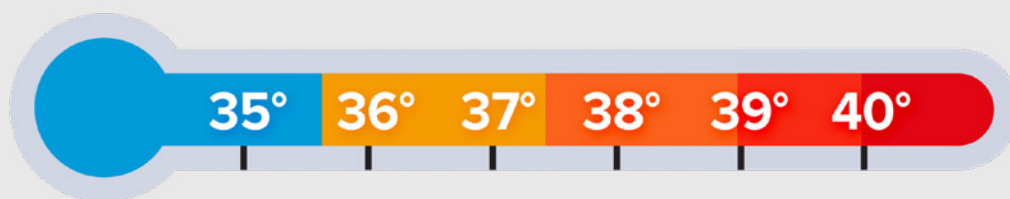


# Fevers



# About this information



This information tells you what to do if you are an adult with a **fever**.



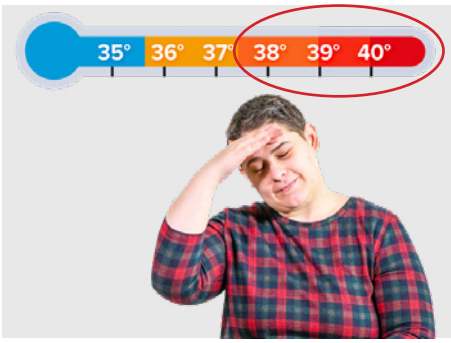
A **fever** is when your body is hotter than normal.



If you have a fever it can also be called having a **temperature**.



**Temperature** means how hot or cold your body is.



A fever is when your body temperature is 38 degrees or more.

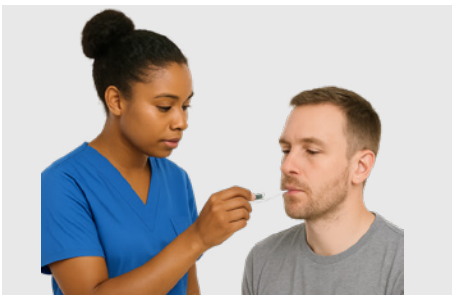


If you have a fever it means your body is working hard to get better.

# How to check your temperature



To check your temperature you can use a **thermometer**.



A **thermometer** is something you can use to check how hot or cold your body is.



You can buy a thermometer at a chemist or supermarket.



Read the information that comes with the thermometer before you use it.



You should clean the thermometer before you use it.

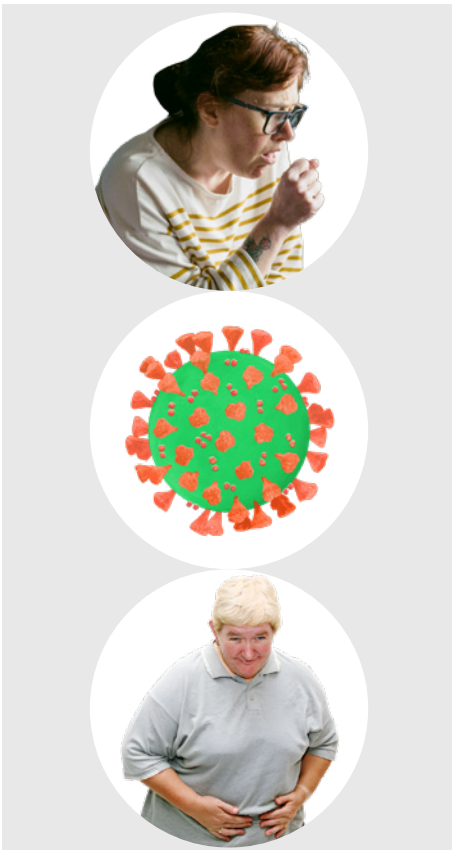
# Reasons why you might get a fever



There are different reasons why you might get a fever.



Often you get a fever if you have a **virus**.



A **virus** is when you get sick with things like

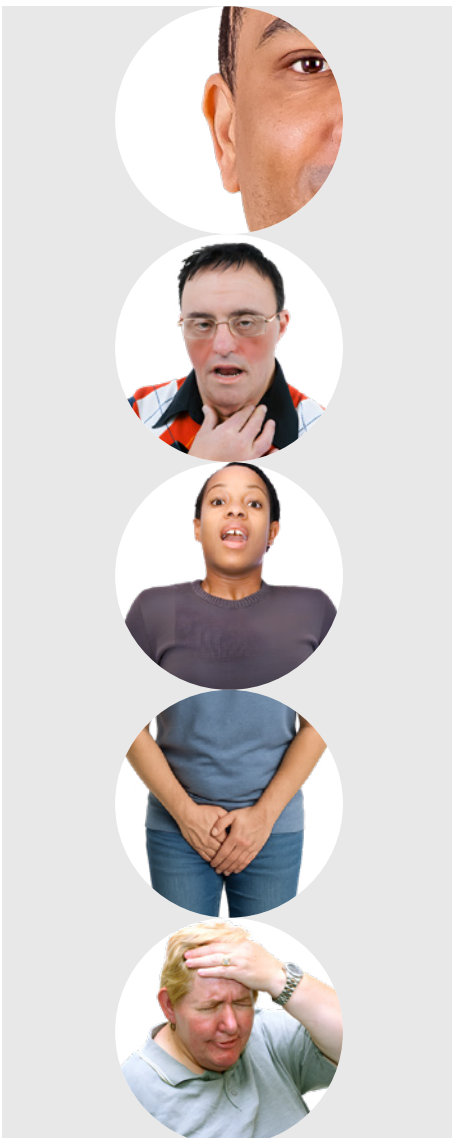
- A cold or flu
- COVID-19
- A stomach bug.



You might also get a fever from **bacterial infections.**

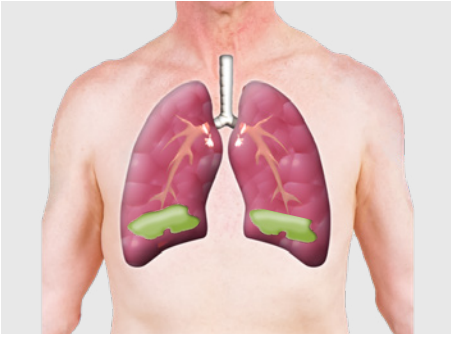


**Bacterial infections** are when germs get into your body and you get sick.



Some bacterial infections that might give you a fever are

- Ear infections
- Throat infections
- **Pneumonia**
- **Urinary tract infections**
- **Meningitis.**



**Pneumonia** is when germs get into your lungs and make you very sick.

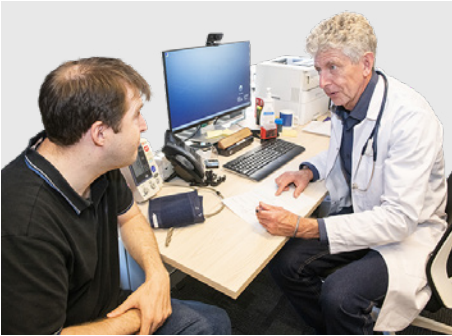


**Urinary tract infections** are when germs get into the place where pee comes from.

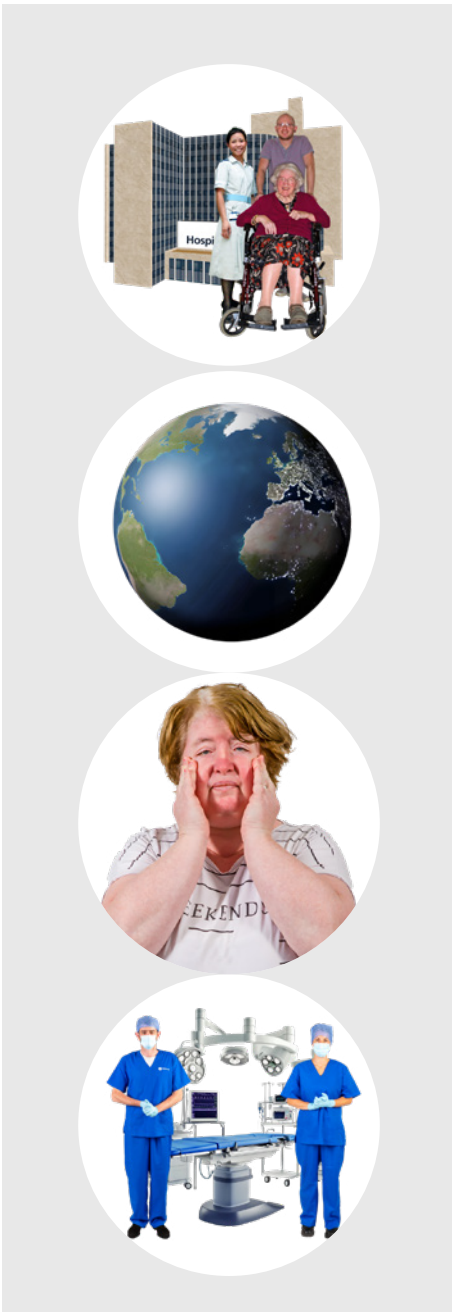


**Meningitis** is when germs get into the part around your brain and spine.

# When to see a doctor



You should see a doctor if your fever lasts more than 3 days and does not get better.



You should also see a doctor if you have a fever and you

- Just left hospital
- Have just come back to Australia
- Have any other health problems you are worried about
- Had **surgery** not long ago.



**Surgery** is when a doctor makes a cut to fix something inside your body so you can get better.



You should also see a doctor if you have a fever and you

- Have a bad headache
- Have a rash on your skin
- Have trouble looking at bright lights
- Are getting treatment for cancer
- Are taking medicines that make it hard for your body to fight germs.

## Find out why you have a fever



It is important the doctor finds out why you have a fever.



To find out why you have a fever a doctor will

- Ask how you feel
- Look at your body.



The doctor might do tests to find out why you have a fever.



You should tell the doctor if you have come back from another country not long ago.

## When to go to hospital

You should go to hospital straight away if you have a fever and you



- Feel confused for no reason



- Feel very tired for no reason



- Have trouble breathing



- Have trouble looking at bright lights.

You should also go to hospital straight away if you have a fever and you



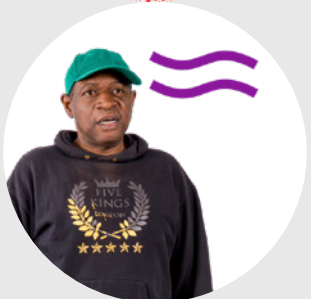
- Have a stiff neck



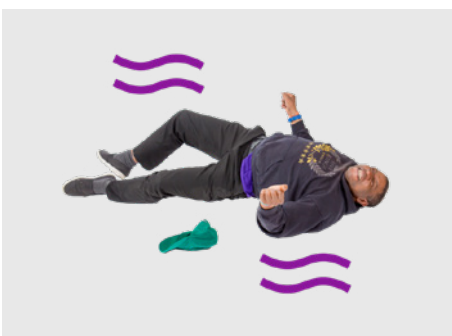
- Feel confused or sleepy for no reason



- Are seeing things that are not real



- Are having muscle pains or **seizures**.



**Seizures** are when you shake all over and can not control your body.

## How to look after a fever



There are things you can do to look after yourself if you have a fever.



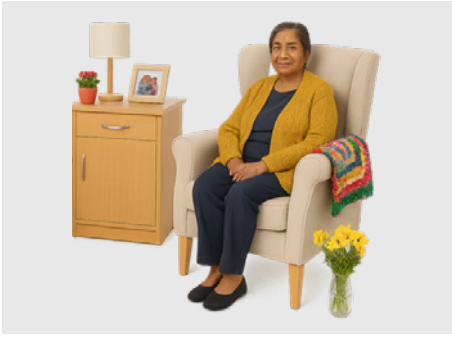
You can drink lots of water.



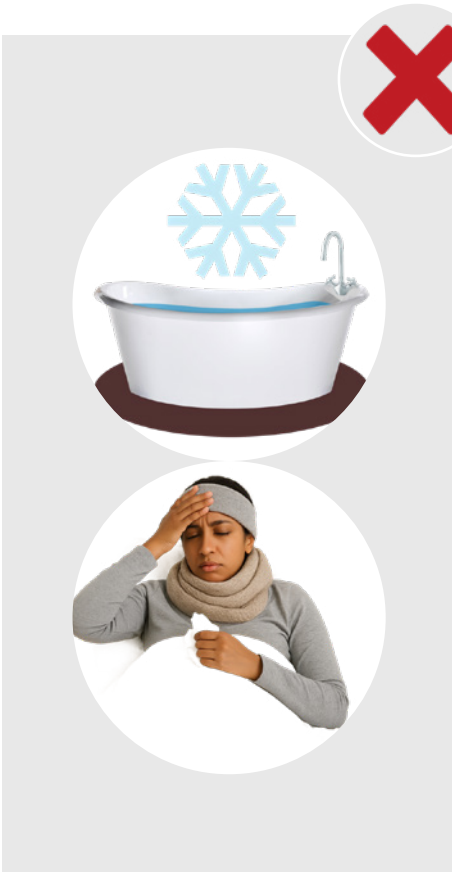
You can wear light clothes so you do not get too hot.



You can rest until you feel better.



The temperature of your room should feel good for you.



You should not

- Have a cold bath
- Use a cold sponge on your body.



You should always see your doctor if your fever does not go away or you are worried.

## Medicines for fever



There are some medicines you can take if you have a fever.



If you feel unwell you can take different types of medicine called

- **Paracetamol**

- **Ibuprofen.**



You should check if this medicine is safe for you before you take them.



You can talk about this with a doctor or a **pharmacist**.



A **pharmacist** is a health worker who knows a lot about medicines.



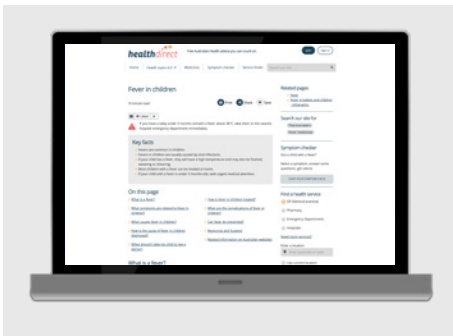
It is important to talk to a doctor or pharmacist about these medicines if you

- Have other health problems
- Take other medicines
- Are pregnant
- Are breast feeding.

# Fever in children



healthdirect also has information about fevers for children.



You can read this information on our website at

**[www.healthdirect.gov.au/fever-and-high-temperature-in-children](http://www.healthdirect.gov.au/fever-and-high-temperature-in-children)**



This information is not Easy Read.

## More information

The logo for healthdirect, featuring the word "health" in a dark blue font and "direct" in a red font, with three small circles (two red, one orange) above the "i" in "direct".

You can contact healthdirect for health support on **1800 022 222**.



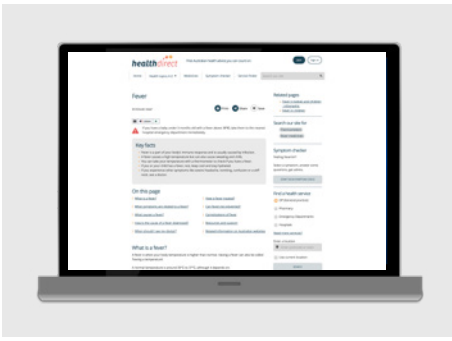
You will speak with a nurse when you call them.



You can call us any day at any time.

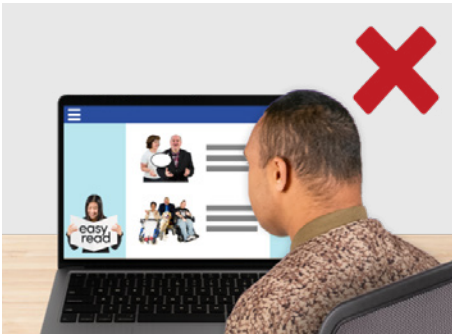
The logo for Nurse on Call, featuring the words "NURSE-ON-CALL" in a bold, dark blue font. A red telephone handset icon is placed between the hyphen and the word "ON".

healthdirect is called **Nurse on Call** in Victoria.



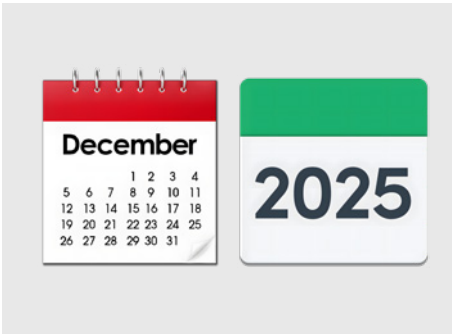
This information came from a longer document on our website at

[www.healthdirect.gov.au/fever](http://www.healthdirect.gov.au/fever)



This website is not Easy Read.

# About this Easy Read



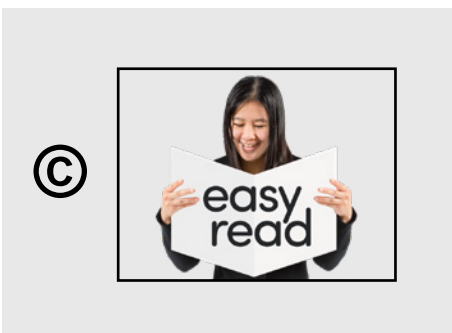
The information in this sheet was last checked in **December 2025**.



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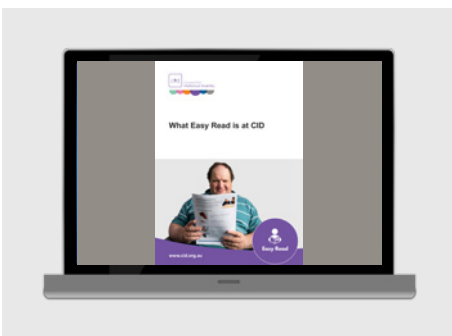
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**www.cid.org.au/inclusion-services**