

Precautions for fever

發燒注意事項-中英

I. Why do you have a fever? 一、為什麼會發燒

When the body suffers from infection or inflammation, fever is one of the physiological reactions. Therefore, it is fundamental and important for doctors to find out the cause and treat symptoms. Of course, in addition to treating the underlying disease, when the fever is high or you feel uncomfortable due to the fever, symptomatic treatment is still helpful for reducing the fever.

當身體遭受到感染或是發炎時，發燒是生理反應之一，因此由醫師找出病因、對症治療是最根本且重要的。當然除了治療根本疾病外，當高燒或因發燒感到不舒服時，症狀治療對退燒還是有幫助的。

II. How much body temperature is considered a fever 二、體溫多少才算發燒

	Normal range 正常範圍	fever 發燒
Axillary temperature 腋溫	35.3~37.2C	37.5C
Ear temperature 耳溫	35.9~37.5C	38C
Anal temperature 肛溫	36.0~37.9C	38C

III. After treatment, your condition has improved, you should go home to recuperate and cooperate with the following matters 三、經治療，您的病情已有所改善，宜返家休養並配合以下事項

1. Bed rest: Please stay in bed when you have a fever, so as to facilitate the recovery of physical strength and speedy recovery.

Precautions for fever

發燒注意事項-中英

1. 臥床休息：發燒時請臥床休息，以利於恢復體力早日康復。
2. Supplement water: The loss of water in the body will be accelerated when you have a fever, so it is advisable to drink more boiled water, fruit juice, sports drinks, and beverages that do not contain alcohol or caffeine (such as: coffee, tea, etc.) within the feasible range.
2. 補充水份：發燒時體內水份的流失會加快，因此在可行範圍內宜多飲用開水、果汁、運動飲料、不含酒精或咖啡因（如：咖啡、茶葉等）的飲料，若您有心臟病或者腎臟病排尿異常時，則需依醫師指示飲用。
3. Try to avoid wearing too many clothes or covering with heavy quilts, because doing so will make it difficult for the body to dissipate heat and aggravate the discomfort and severity of fever. If you have heart disease or kidney disease and have abnormal urination, you need to drink according to the instructions of your doctor.
3. 盡量避免穿過多的衣服或蓋厚重的棉被，因為這樣做會使得身體散熱不易，加重發燒的不適與嚴重度。
4. Lower the body temperature: When you are not chilling or shivering, you can reduce the clothes and covers, and adjust the room temperature. You can also apply a wet towel on your body, especially the forehead, armpit, and groin to help dissipate heat. If your body temperature exceeds 39°C, please use Wipe the body with warm water. When the water evaporates from the body surface, it will take away the extra heat and improve the fever.
4. 降低體溫：不發冷、發抖時可以減少衣服及被蓋，並調整室溫，也可以用濕冷毛巾敷在身上，特別是額頭、腋下、腹股溝處幫助散熱，體溫超過 39°C 請以溫水擦拭身體，當水份由體表蒸發時，會帶走額外的熱，改善發燒。
5. Nutritional supplements: When you have a fever, you will consume a lot of nutrients in your body, especially protein. Therefore, in addition to taking more high-protein foods, such as: fish, eggs, lean meat, etc., you must also maintain enough intake of starch, vitamins, and minerals to increase your body temperature. self resistance.

Precautions for fever

發燒注意事項-中英

5. 營養補充：發燒時會消耗體內很多營養，特別是蛋白質，因此除了多攝取高蛋白食物，如：魚、蛋、瘦肉等，亦要維持足夠澱粉、維生素、礦物質之攝取，來增加自身抵抗力。
6. Improve comfort: When the fever goes down, you will sweat a lot. At this time, keep your skin and clothes dry, and change clothes at any time. You can choose cotton, sweat-absorbing, and breathable clothes for clothes, and keep the bed clean and flat at all times. If necessary, you can take a bath to relieve discomfort (be careful not to overheat the water).
6. 增進舒適：退燒時會大量流汗，此時保持皮膚及衣物的乾燥，隨時增減衣物，衣物可選擇棉質、易吸汗、透氣佳的衣服，並隨時注意保持床鋪的清潔與平整，必要時可採沐浴來減輕不適（須注意水溫勿過高）。
7. Take medicine regularly: Please be sure to follow the doctor's instructions and take the medicine regularly and quantitatively. If you still feel unwell when the medicine is about to run out, please go to the Department of Infectious Diseases and Family Medicine to continue follow-up treatment.
7. 定期服藥：請務必遵照醫師囑咐，定時定量服用藥物，藥物將用完時如果尚有不適，請到感染科、家醫科門診繼續追蹤治療。

IV. Why do you still have a fever after using antibiotics? 四、為什麼抗生素使用後仍會發燒的原因

When a patient is hospitalized with a fever, the doctor will assess the use of different antibiotics depending on the type of bacterial and viral infection. A few days before starting antibiotics, because the therapeutic dose has not been reached, there will be fever and chills. Under normal circumstances, after 5 to 7 days of antibiotic use, the fever will be reduced, and the body temperature will gradually stabilize.

當病人因發燒而住院時，醫師會評估因被細菌、病毒感染的種類不同而使用不同的抗生素。當開始使用抗生素的前幾天，因還未達治療劑量，所以還會出現發燒、

Precautions for fever

發燒注意事項-中英

發冷的情形。一般情況下，抗生素使用 5~7 天後就會減少發燒情形，體溫會慢慢趨於穩定。

V. If you have any of the following situations, please come back immediately for follow-up consultation 五、如果有下列情形，請立刻回來複診

1. Persistent fever over 39°C and unsatisfactory response to drug treatment.
1.持續發燒超過 39°C，且對於藥物治療的反應不理想。
2. Mental depression, especially more and more drowsiness, even difficult to wake up.
2.精神萎靡不振，特別是越來越嗜睡、甚至不易喚醒。
3. Severe headache or neck stiffness.
3.劇烈頭痛或是頸部僵硬。
4. Skin rash or bleeding tendency on any part of the body.
4.身體任何一部份皮膚發生紅疹或是有出血傾向。