

Fever



*What to know
& what to do
in case of fever*

WHAT IS FEVER?

Fever is defined as "...having a body temperature above the normal range with a typical upper limit of 37.5 °C (99.5 °F)..."

Why should you ask for medical help for fever?

- | Fever is a very common medical sign. Fever can be caused by many conditions, including infections.
- | People living with CLL often have a poor immune system. Therefore, any fever needs careful assessment and management, as you may be not fully protected against infections.
- | Sometimes, fever may be an indication of disease progression to a more severe form.

What are the main causes of fever?

- | **Infections**, like flu, pneumonia or gastroenteritis.
- | Fever may be a sign of a **change in CLL**.
- | **Drugs** may cause fever (ask your physician what to expect and how to handle it).
- | **Other causes** e.g. heat exhaustion.

Check your temperature with a thermometer if...

- | you feel hot or warm to the touch.
- | you have flushed skin.
- | you have body aches, headache or weakness.
- | you experience chills or shivering.
- | you sweat or feel dehydrated.

What is relevant to notice and report about your fever?

- | Initiation. When did your fever start?
- | If you associate it with something in particular.
- | What your highest temperature was.
- | Frequency e.g., how often you need to take antipyretics.
- | If you experience shivering or goosebumps.
- | Other symptoms e.g. cough, cold, diarrhea, aches, sweating, rash.
- | What your blood pressure readings are.



AFTER CONTACTING YOUR HEALTHCARE TEAM...

What should you notice? You should ask for help again if...

- Temperature – Monitoring every six hours
- Fever-free intervals
- New & existing symptoms
- Blood pressure – Daily monitoring

- Your temperature does not drop or gets even higher
- Your fever-free intervals are getting shorter
- You notice any new symptom or your existing symptoms are getting worse
- Your blood pressure is low

Remember! ————— *Follow carefully the instructions of your physician.*

Drink a lot of fluids in order to stay hydrated.

Use medication to lower your temperature if it is above 38°C.

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