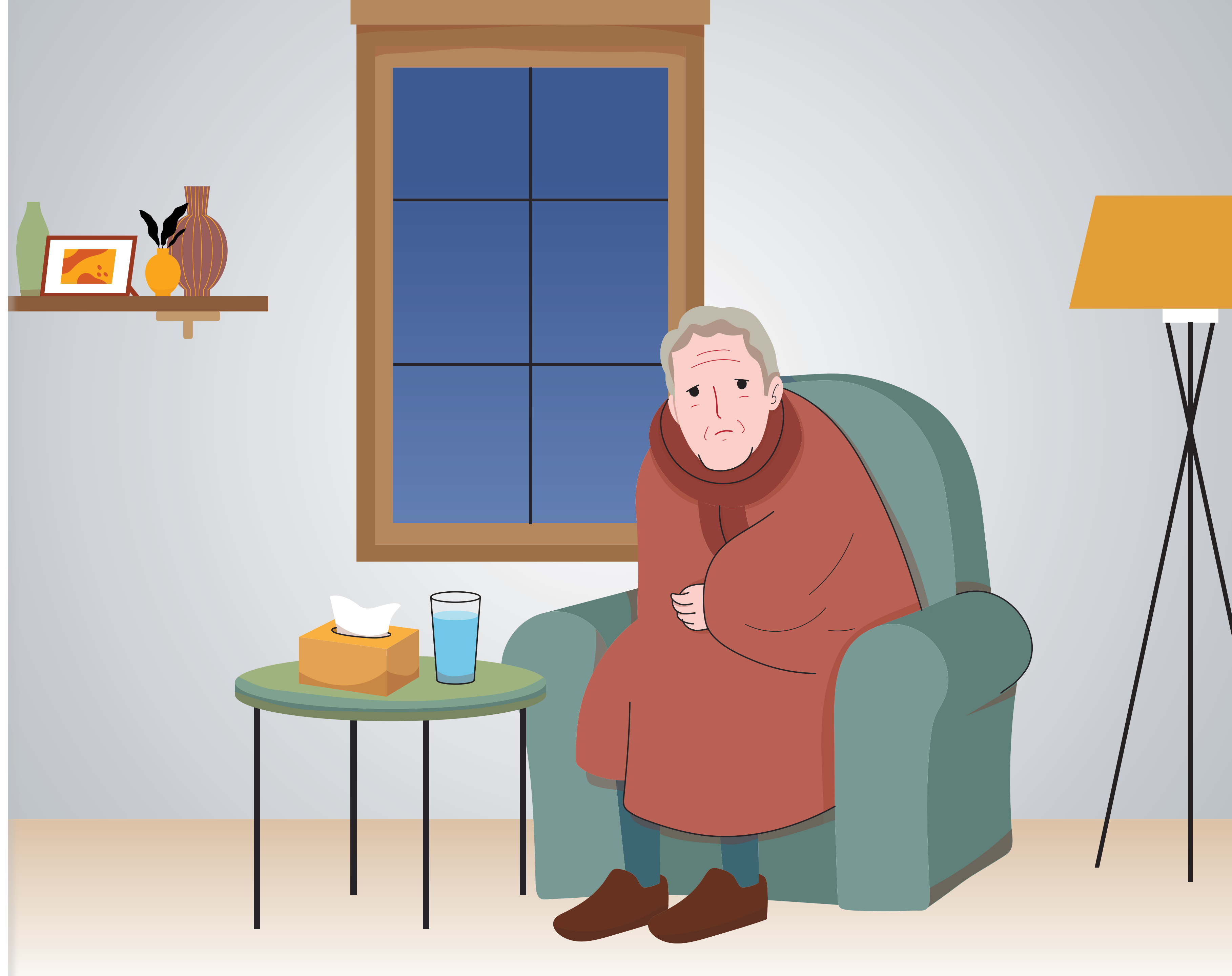


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## A CLL EMPOWERMENT GUIDE

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# Fever



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

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## 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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