



**St John**

**Saving Lives –  
at Work, Home  
and Play**

# Fever



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A rapid rise in temperature to 40°C or higher can cause convulsions. A fever emergency is when the body temperature, taken in the armpit, is:

- 38°C or higher for an infant / baby
- 40°C or higher for a child / adult

Call the doctor immediately and follow his advice.

1. If fully conscious, encourage the casualty to drink liquids
2. If the temperature does not go down, sponge the casualty with lukewarm (NOT cold) water for about 20 minutes. Do not immerse the casualty in a tub or bath – the temperature will go down too quickly if the wet skin is exposed to air currents.
3. Dry and dress the casualty in comfortable but not too warm clothing.
4. Monitor the temperature and repeat steps 2 and 3 as necessary until medical help is reached.



If the casualty has a convulsion **DO NOT** restrain them. Instead:

- ✓ Protect him from injury by removing hard objects
- ✓ Loosen tight clothing
- ✓ When the convulsions stop, place the casualty into the best recovery position for his age.
- ✗ **DO NOT** give children or teenagers Aspirin® or Disprin® as it can cause Reye's Syndrome which is a life-threatening condition.

## EMERGENCY NUMBERS

Ambulance.....

Emergency Room.....

Family Doctor.....

Poison Info Centre.....

Police.....

Fire.....