




HOW DO I KNOW IF I HAVE A FEVER?



The best way to check if you have a fever is to use a thermometer and measure your temperature.

If your temperature is over **37.8 degrees Celsius** (38 degrees Celsius in children), you have a temperature.

If you don't have a thermometer, here are some signs that you may have a fever:

-  You feel hot and cold
-  Your forehead feels hot
-  You are shivering
-  Your body feels hot to the touch
-  Your cheeks are red or flushed



TIP: Get someone else to check your temperature at the back of your neck using the back (not the palm) of their hand.

Remember!

For more information, support and advice feel free to reach out to us on:

NICD CORONA VIRUS OUTBREAK 24-HOUR HOTLINE NUMBER: 0800 029 999
DEPARTMENT OF HEALTH WHATSAPP: 0600 123 456

SOURCE: World Health Organisation, NICD, MyHealthTV.com

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