

## Tips

### Keep yourself informed

If you are unsure, ask the treatment team to explain your risk of fever and infections. The 38°C threshold for fever applies to measurements taken in the armpit.

### Dental hygiene

Schedule appointments with a dental hygienist or with your dentist before or after your treatment.

### Contact details if you suspect an infection

If you experience any of the symptoms listed in the red section of the table overleaf, please contact the treatment team or the emergency service.

### Telephone number:

## Fever during cancer treatment

### Good to know




Chemotherapy and radiotherapy can temporarily reduce the production of certain blood cells. Your blood counts will therefore be checked regularly.

The number of white blood cells (leukocytes) may decrease. As these cells are important for defending against bacteria or viruses, your susceptibility to infections may be increased during this time. A fever may be a sign of infection.

**If your white blood cell count is low and you have a fever (38°C or higher), you must contact the treatment team immediately, even at night or at the weekend, or go to an A&E department.**



## Fever during cancer treatment

You feel...	Or you note....	What you can do for yourself,,,
	<ul style="list-style-type: none"> <li>• Normal body temperature, no signs of fever</li> </ul>	<p>Preventing infections:</p> <ul style="list-style-type: none"> <li>• Keep your hands clean to prevent the spread of pathogens.</li> <li>• Wash your hands regularly with soap.</li> <li>• Wash fruit and vegetables before eating.</li> <li>• Vaccinations may be advisable. Ask your oncologist. Do not get vaccinated without their advice.</li> </ul>
	<ul style="list-style-type: none"> <li>• Elevated body temperature up to 37.9°C, measured under the armpit</li> <li>• You feel tired and listless</li> <li>• Your treatment has led to a significant drop in white blood cell count</li> <li>• You have cut yourself or noticed a new wound</li> </ul>	<ul style="list-style-type: none"> <li>• Avoid crowded places and contact with people who are sick.</li> <li>• Avoid eating raw meat, raw eggs, raw fish and seafood.</li> <li>• <b>Take your temperature regularly.</b></li> <li>• Clean any wounds with an antiseptic and show them to your doctor.</li> <li>• Ask your doctor whether you may take medication to reduce the fever if necessary. Do not use these medicines without consulting your doctor.</li> </ul> <p>If your white blood cell count is within the normal range no special precautions are necessary. Please follow the instructions in the green section.</p>
	<ul style="list-style-type: none"> <li>• Chills</li> <li>• Fever of 38°C or higher</li> <li>• Sudden and severe feeling of illness</li> <li>• Pain when urinating or bloody urine</li> <li>• Diarrhoea or abdominal pain</li> <li>• Shortness of breath, cough or severe sore throat</li> <li>• Reddened wound or at the injection site from an infusion</li> </ul>	<ul style="list-style-type: none"> <li>• Contact the treatment team <b>immediately, even at night or at the weekend,</b> or go to A&amp;E. Do not wait.</li> </ul>