

一般而言，「發燒」是病徵的一種，因此我們實應關注引起這種病徵的疾病，不只是擔心體溫的高低。

## 何謂發燒？

一般人的體溫會是 98.6°F (華氏) 或 37°C (攝氏) 左右，在正常情況下，早晚的體溫也可相差約 1°C。體溫可能因運動、天氣炎熱、穿得太多衣服而上升 1°C - 1.5°C，而體溫亦可能因不同的量度方法而有差異，要知道是否發燒，以下之度數可作參考：

肛探	華氏 100.4 度	攝氏 38.0 度
口探或耳探	華氏 99.5 度	攝氏 37.5 度
腋探	華氏 98.6 度	攝氏 37.0 度

(註：腋探之準確程度較低)

## 發燒了，怎麼辦？

當流感大流行時，醫療系統將會承受沉重的壓力，市民可留意以下有關發燒時的個人護理要點：

- 少穿衣服及少蓋被，可幫助散熱。
- 保持室內空氣流通及清新，亦有助病人散熱。
- 盡量給病人喝足夠的清水。
- 進食有營養及容易消化的食物。
- 留在家中多休息。
- 定時量度體溫。
- 如服用退燒藥，應按照包裝指示或醫生囑咐服用(小童不應服用亞士匹靈)。不過退燒藥只能暫時降低體溫，藥力過後體溫便可能再回升，待疾病痊癒後，體溫才會回復正常。
- 當病情持續、嚴重或轉差，便應該看醫生；兒童、長者及長期病患者更應多加留神，及早就醫。

## 攝氏華氏對照表

攝氏 (°C)	華氏 (°F)
35.0	95
35.6	96
36.1	97
36.7	98
36.9	98.5
37.0	98.6
37.2	99
37.5	99.5
37.8	100
38.0	100.4
38.3	101
38.6	101.5
38.9	102
39.2	102.5
39.4	103
39.7	103.5
40.0	104
40.3	104.5
40.6	105

為應付流感大流行時突如其來的需求，一般家庭應常備足夠約一周使用之退燒藥，以備不時之需。（注意：所有藥物均應小心儲存，並存放於兒童看不到及接觸不到的地方。同時要注意藥品使用的有效期限，已過期的藥物必須棄掉。）

Generally, fever is not an illness in itself. It is a symptom of an underlying illness. Therefore, one should be concerned about the specific illness that causes fever instead of the reading.

## How to define fever ?

Normal body temperature should be around 98.6°F or 37°C. Most people's body temperature can have a difference of about 1°C during the course of the day. Body temperature can raise 1°C – 1.5°C with exercise, hot weather and overdressing. It can also vary according to different methods of measurement. To tell if someone is having a fever, the following readings may be taken as a reference:

Rectal temperature	100.4 °F	38.0 °C
Oral or tympanic temperature	99.5 °F	37.5 °C
Axillary temperature	98.6 °F	37.0 °C

(Remark: the reliability of axillary temperature is relatively low)

## What should you do if you get fever?

During an influenza pandemic, health care system will be under great strain. It is important to observe the following self-care tips of fever:

- Dressing in lightweight clothing and using a light blanket may help to facilitate easy escape of body heat.
- Maintaining good ventilation of indoor areas may also help to facilitate easy escape of body heat.
- Encourage patients to drink an adequate amount of water.
- Consume nutritious and easily digestible food.
- Stay at home to have adequate rest.
- Check body temperature regularly.
- When taking antipyretics, one should follow the instructions on the package of the medication or follow the doctor's advice. (Aspirin should not be used in children) However, antipyretics can only reduce the body temperature temporarily, which can rise again after the effect of drugs fades. Body temperature will resume normal upon recovery from the illnesses.
- Consult a doctor especially if symptoms are persistent, severe or getting worse; children, the elderly and people with chronic illnesses should be extra careful and consult a doctor sooner.

## Step 6 Manage fever well

Temperature conversion scale (Celsius / Fahrenheit)

Celsius (°C)	Fahrenheit (°F)
35.0	95
35.6	96
36.1	97
36.7	98
36.9	98.5
37.0	98.6
37.2	99
37.5	99.5
37.8	100
38.0	100.4
38.3	101
38.6	101.5
38.9	102
39.2	102.5
39.4	103
39.7	103.5
40.0	104
40.3	104.5
40.6	105

To prepare for the surge in demand during an influenza pandemic, general households should maintain about one week's supply of antipyretics for use when necessary. (Note: Store all medication safely. They should be properly stored out of children's reach and sight. Take note of the expiry date of all medications and any expired medications should be discarded.)