

Fever Temperature Chart & Guidelines

Celsius (°C)	Fahrenheit (°F)	Interpretation
36.0–37.4	96.8–99.3	Normal body temperature
37.5–38.0	99.5–100.4	Low-grade fever
38.1–39.0	100.6–102.2	Moderate fever
39.1–40.0	102.4–104.0	High fever
>40.0	>104.0	Very high fever – emergency

Measurement Methods

Oral, axillary, tympanic (ear), and temporal (forehead) readings may differ. Oral temperature is about 0.3–0.6°C (0.5–1.0°F) higher than axillary; ear readings are close to oral; forehead readings are more affected by environment.

Infants & Young Children

Any temperature $\geq 38.0^{\circ}\text{C}$ (100.4°F) in babies under 3 months requires medical evaluation. Symptoms such as persistent crying, lethargy, feeding difficulty, or seizures are emergencies.

Adults

Adults with $\geq 39.0^{\circ}\text{C}$ (102.2°F) and severe symptoms (chest pain, shortness of breath, confusion) should seek immediate care. Those with chronic illness or weak immunity should seek care earlier.

Fever Management

Mild fever may improve with fluids, rest, and physical cooling (lukewarm sponge baths). Medications such as acetaminophen (paracetamol) or ibuprofen should be used according to instructions or doctor's advice. Children's doses must be weight-based.

When to Seek Emergency Care

Seek urgent care if: temperature $>40.0^{\circ}\text{C}$ (104°F); seizures; difficulty breathing; persistent vomiting; bluish lips/skin; unconsciousness; or signs of severe dehydration.

Disclaimer: This chart is for general health education. Always consult healthcare professionals for diagnosis and treatment.