

Fever

Fever is when a person's body temperature rises above the normal range. A fever is defined as body temperature above 100.4°F (38°C). A fever is an important way for your body to fight infection. Causes of fever included viruses, bacterial infections, exposure to heat/sun, and other conditions. Having a fever is usually not cause for alarm in adults. Fevers most often go away without treatment from a health care provider.

Symptoms:

- ✓ Hot and cold chills
- ✓ Sweating
- ✓ Shivering
- ✓ Headache
- ✓ Muscle aches
- ✓ Weakness
- ✓ May also experience symptoms of a cold or flu (see self-care guides for systems related to these conditions)

Self-care measures:

- ✓ Rest
- ✓ Drink plenty of non-alcoholic fluids
- ✓ Acetaminophen (Tylenol®) 650 mg every 4-6 hours (maximum of 12 tablets in 24 hours) and/or Ibuprofen (Advil®) 600 mg every 6-8 hours (maximum of 12 tablets in 24 hours) as needed to reduce fever, discomfort.

Limit spread to others:

- ✓ Stay home and away from others until fever-free for more than 24-hours (temperature should be less than 100 degrees Fahrenheit without medication)
- ✓ Wash hands frequently
- ✓ Wear a mask

When to seek care from a medical provider:

- ✓ Fever is over 103.0°F
- ✓ Fever over 102.0°F for more than 3 days
- ✓ Confusion or disorientation
- ✓ Severe or persistent vomiting
- ✓ Severe headache
- ✓ Unusual skin rash
- ✓ Sensitivity to light
- ✓ Seizure
- ✓ Abdominal pain
- ✓ Pain when urinating
- ✓ Other unexplained symptoms.