

# Fever

Fever is when a person's body temperature rises above the normal range. Normal body temperature for adults is 97.6°F to 99.6°F. Adults with a temperature over 101.0°F would be described as having a fever. 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.



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## **SYMPTOMS:**

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

## **SELF-CARE MEASURES:**

- Rest
- Drink plenty of non-alcohol fluids
- Use Ibuprofen (Advil®) 600 mg every 6-8 hours or Acetaminophen (Tylenol®) 650 mg every 6 hours as needed to reduce fever/discomfort

## **PREVENTING 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)
- Do not go to class or dining facilities
- Wash hands frequently

## **WHEN TO SEE 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