

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.

SYMPTOMS:

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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

PREVENTION

Wash hands frequently

WHEN TO SEE A MEDICAL PROVIDER

- Severe or persistent vom
- Other unexplained symptoms