Fever

What is it?
A fever is an elevated body temperature as your body attempts to fight infection or illness. A healthy response to infection or illness may be a fever up to 102 degrees F.

Helpful Tips
- Drink plenty of water, up to 12 glasses a day
- Take an over the counter acetaminophen, ibuprofen, or aspirin as directed (Do not give to people less than 20 years old, due to the risk of Reye’s syndrome (can cause organ damage, brain damage, and seizures)
- Sponge baths with lukewarm water may help reduce fevers
- Take temperatures every 2 hours or if symptoms change

When to call a health professional
- Fevers greater than 104 need immediate attention
- If fevers of 103-104 persist for more than 12 hours
  102-103 for 1 day
  101-102 for 3 days
  100.4-101 for 4 days
- If accompanied by a stiff neck
- Along with painful urination. Abdominal pain, or with nausea and vomiting
- Along with confusion, shortness of breath, persistent coughs, or with signs of bacterial infections