

# 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 include viruses, bacterial infections, exposure to heat/sun, and other conditions. Having a fever is usually not cause for alarm in adults.



## 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-alcoholic fluids
- Use Ibuprofen(✓) 400 mg every 6-8 hours or Acetaminophen(✓) 650 mg every 6 hours as needed to reduce fever/discomfort
- Monitor temperature. Disposable thermometers (✓) are available in Self-Care if you do not have access to a thermometer

Items marked with a (✓) are available in the Self-Care Room.

## When to see a medical provider:

- See a Nurse in Health Services (Commons, Room 226) if fever lasts more than 24 hours
- Confusion or disorientation
- Severe or persistent vomiting
- Severe headache

*Talk to a Nurse in Health Services about getting a Sick Tray Form. This form will permit a friend to pick up food for you from the Dining Hall and bring it to your room.*

- Unusual skin rash
- Sensitivity to light
- Seizure
- Abdominal pain
- Pain when urinating
- Other unexplained symptoms

## Limit spread to others:

- Stay home (or in your residence hall) 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