Fever

Fever is when a person’s body temperature rises above the normal rage. 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:

* 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. If you live in a residence hall, call 540-568-6949 for dining options
* 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