

# Fever

## What is it?

A rise in body temperature. consisting of 100.4 (38 C) or higher.

## Plan of Action:

### To treat a fever:

- Drink plenty of fluids to stay hydrated.
- Dress in lightweight clothing.
- Use a light blanket if you feel chilled, until the chills end.
- Take acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin IB, others). Follow the directions on the label.

## When to seek medical advice:

### Seek medical care if someone with a fever has any of the following signs and symptoms:

- Difficulty breathing
- Chest pain
- Severe headache
- Confusion or agitation
- Abdominal pain
- Repeated vomiting

- Dry mouth, decreased or dark urine, or refusal to drink fluids, which may indicate dehydration
- Skin rashes
- Difficulty swallowing fluids
- Pain with urination or pain in the back

### **When to seek emergency care:**

- Fever with no sweating
- Severe headache
- Seizures
- Stiff neck
- Confusion
- Repeated vomiting or diarrhea
- Irritability or significant discomfort
- Any worrisome, different or unusual symptoms

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