



FEVER

A fever is a temporary increase in your body temperature, often due to an illness. Having a fever is a sign that something out of the ordinary is going on in your body.



A fever occurs when your temperature rises above its normal range. What's normal for you may be a little higher or lower than the **average normal temperature of 98.6 °F (37 °C)**.

Body temperature is controlled by an area in your brain called the hypothalamus. It can shift the set point of your normal body temperature upward, often in response to an infection.

Common symptoms associated with fever:

- sweating
- chills
- shivering
- headache
- muscle aches
- loss of appetite
- irritability
- dehydration
- weakness
- fatigue

How is it treated?

- **Use over-the-counter medication such as acetaminophen or ibuprofen to reduce fever.**
- **Rest and drink plenty of fluids**, especially water.
- If your healthcare provider suspects your fever is due to a bacterial infection, they may prescribe you an antibiotic.
- For a low-grade fever (about 99-100 °F or 37-38 °C), your healthcare provider may encourage self-care symptomatic treatment instead of a prescription, because a fever can be helpful to promote healing and immune system response.

Call UHS, 911, or go to the ED if you experience:

- Temperature **102 F (38.9 C) or higher**
- severe headache
- unusual skin rash
- sensitivity to bright light
- stiff neck and pain when bending head forward
- mental confusion
- persistent vomiting
- difficulty breathing
- chest pain
- abdominal pain
- pain when urinating
- convulsions or seizures

Check out the latest updates and more details from **the CDC**:

