Fever, Adult

A fever is a temperature taken by mouth that is higher than 98.6° F (37.0° C). It should be taken in someone who has been resting. No hot or cold food or beverages should have been taken for 20 minutes before the temperature is taken. Infections commonly cause fever.

HOME CARE INSTRUCTIONS

- If your temperature is elevated you will feel better with decreased activity or bed rest. Wear light loose clothes. A towel soaked in ice water placed over your forehead and face may help your temperature go down.
- Drink extra fluids. Try cold tea, pop without fizz, popsicle, ice chips, or fruit juices. You may use anything that tastes good to you. Do not drink alcohol.
- If your oral temperature remains over 103° F (39.4° C) it may be helpful to take a warm shower. Do not take a cold shower or stand wet in front of a fan. If you get overly cold it will cause shivering. This will make the temperature go up.
- If oral temperature is down to 100° - 101° F (37.8° - 38.3° C), continue with fever control and follow-up with caregiver as needed.
- If you have no relief with medications, seek medical care. Do this sooner rather than later if you are getting worse or feel you are getting sicker.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. **It is best not to take aspirin if you are a young adult or child.** The cause of your fever could be chicken pox or the flu syndrome. This is associated with Reye's Syndrome.

SEEK MEDICAL CARE IF:

- You develop an oral temperature above 102° F (38.9° C), or as your caregiver suggests.
- You develop new problems *(symptoms)* which seem to be getting worse rather than better.

SEEK IMMEDIATE MEDICAL CARE IF:

- You develop an oral temperature over 104° F (40° C) or as your caregiver suggests.
- You do not obtain relief from your medications.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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