

Fever

A fever is an important way for your body to fight infection. Having one is usually not cause for alarm ...

A “fever” is when a person’s body temperature rises above the normal range. Normal body temperature for adults is 97.6°F – 99.6°F. Adults with a temperature over 100.4°F would be described as having a fever.

Fever may occur in response to exposure to viruses, bacteria, exposure to heat/sun, and other conditions. Fevers almost always go away without treatment from a health care provider.

Symptoms

- Hot and cold chills
- Sweating
- Shivering
- Headache
- Muscle aches
- Weakness

Self-care measures

- Rest
- Drink plenty of non-alcoholic fluids; avoid caffeine
- Use Ibuprofen (Advil®) or Acetaminophen (Tylenol®) as needed to reduce fever/discomfort (follow package instructions for dosing).

Preventing spread to others

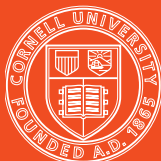
- Stay home and away from others (no classes, sports, group meetings, etc.).
- Wait for temperature to become less than 100°F (without medication) for more than 24 hours before resuming classes, etc.
- Wash hands frequently.

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When to seek care from 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 and/or neck stiffness and pain
- Unusual skin rash
- Sensitivity to light
- Seizure
- Abdominal pain
- Pain when urinating
- Other unexplained symptoms

To make an appointment at Cornell Health, call 607-255-5155 during business hours, or go to myCornellHealth (from *health.cornell.edu*) and find a time that works for you.

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