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 rage. 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.

(over)
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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