FEVER

What is a FEVER?

A fever is a temporary increase in your body's temperature. The **normal** body temperature is around **98.6°F (37°C)**, but a **fever** is generally considered to be any temperature **100.4°F (38°C) or greater**.

What causes a fever?

Fevers are most commonly often a sign that your immune system is fighting off an infection or illness, like the flu or COVID.

Typical symptoms of fever:

- High body temperature **(100.4 or greater)**
- Chills and sweating
- Headache and muscle aches
- Weakness and fatigue
- Dehydration

How to manage a fever:

- Take an over the counter fever reducing medication as directed
- Stay hydrated by drinking plenty of fluids
- Rest and sleep as much
- Do not "bundle up," even if cold
- Seek medical attention if fever does not improve or worsens