

## 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 will usually go away in a few days. Over-the-counter medications generally will lower fever. Fever seems to play a key role in helping your body fight off a number of infections. Your normal body temperature can vary through the day. It is usually lower in the morning and higher in the late afternoon and evening. Normal body temperature is around 98.6 F (37 C), by a degree or more, from about 97 F (36.1 C) to 99 F (37.2 C).

### Frequent Signs & Symptoms

Aside from the fever itself, additional signs and symptoms of fever can include:

- Sweating
- Chills and shivering
- Headache
- Body aches
- Decreased or loss of appetite
- Irritability
- Dehydration
- Weakness

### Causes

Sometimes the cause of a fever can't be identified, but some common causes can include:

- Viruses
- Bacterial infection
- Heat exhaustion
- Certain inflammatory conditions such as rheumatoid arthritis
- Some medications
- Some immunizations

### Prevention

You may be able to prevent fevers by reducing exposure to infectious diseases. Here are some tips that can help:

- Wash your hands often
- Carry hand sanitizer and use it when you're unable to wash your hands
- Cover your mouth when you cough and your nose when you sneeze
- Avoid sharing cups, water bottles and utensils

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### Diagnosis

Along with having fever symptoms, taking your temperature with a thermometer can confirm fever. A temperature greater than 100.4 F is considered a fever.

### Treatment

- Rest
- Drink plenty of fluids.
- If you're uncomfortable you can take over-the-counter medication such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin IB, others) or aspirin. Read the label carefully for proper dosage, and take according to directions.
- Your provider may recommend or provide additional treatment dependent on the underlying cause

### Activity

Rest is usually recommended with fever, but light activity is okay as tolerated.

### Complications

High fever if left untreated for an extended an extended period of time can cause some neurologic issues such as:

- Seizures
- Brain damage

**If symptoms worsen or do not improve, return to the clinic.**

**If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.**