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FEVER

A common sign of illness.
How to treat



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A fever is a common sign of illness. But that doesn't always mean it's a bad thing. In fact, fevers may help fight infections. So should you treat a fever or let the fever run its course? Here's help knowing what to do.

These suggestions are for people who don't have serious health issues. That means they don't have a suppressed immune system, aren't taking chemotherapy medicines and haven't recently had surgery.

Listed in the table below are temperatures taken with rectal and oral thermometers. These thermometers give the best measure of core body temperature.

Other types of thermometers include ear thermometers, called tympanic membrane thermometers, and forehead thermometers, called temporal artery thermometers. They're easy to use, but they don't measure temperature as well.

Tips For Feeding A Child With Fever

Hydration Is
The Key



Light &
Nourishing Foods



Frequent,
Small Meals



Nutritious &
Comforting Options



Monitor & Adjust
Based On Preferences



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Consultation for
Children

FEVER NATURAL TREATMENTS



REST

Sleeping allows the brain to trigger the release of hormones that encourage new tissue growth, and this rest helps your body defend itself.



GET PLENTY OF FLUIDS

Hydration is important, and fluids can help remove toxins, which speeds up the healing process.



TAKE A LUKEWARM BATH

These help cool a fever.



CONSUME PROBIOTICS

Your immune system is compromised when you have a fever, and probiotics support the immune system.



EAT MILD, BLAND FOODS

Gluten-free oatmeal, bone broth and fruit juice popsicles are great options.



DON'T OVERDRESS

Don't bundle up with blankets or extra clothes, even if you or your child has the chills, because this may keep the fever from coming down, or make it go higher. Instead, try one layer of lightweight clothing.

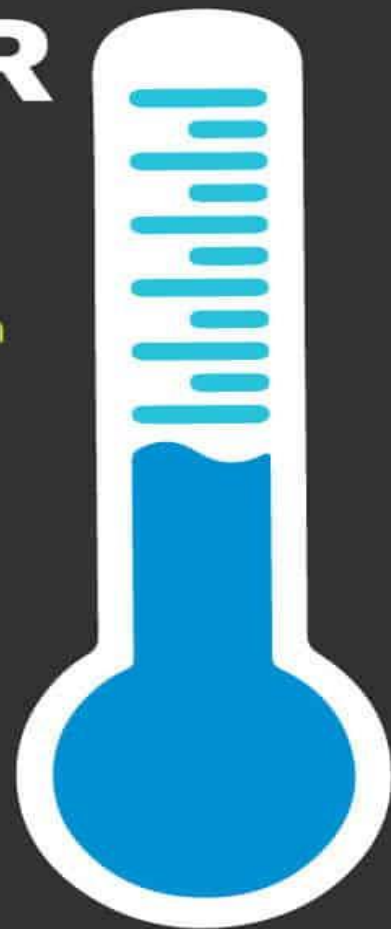
THE FEVER METER

In general, a fever is a body temperature that is higher than normal.

While the average normal body temperature is



a normal temperature range is between



Most doctors consider a temperature above **100.4°F (38°C)** as a sign of a fever.



Brain damage from a fever generally will not occur unless the fever is over **107.6°F (42°C)**.

A child has a fever when the temperature is at or above one of these levels:

100.4°F
(38°C)

measured in the bottom (rectally)

99.5°F
(37.5°C)

measured in the mouth (orally)

99°F
(37.2°C)

measured under the arm (axillary)



Untreated fevers caused by infection will seldom go over **105°F** unless the individual is overdressed or trapped in an extremely hot environment.

Encourage Lots of Liquids

Keeping your child hydrated while their body is burning up is a tough task and it can be hard to manage that, especially if your child has an upset tummy. So you should try giving your child little teaspoons of water every 5 to 10 minutes in order to ensure that they have enough liquids in their body.

Give them a Lukewarm Bath

This is one of the best ways to bring down the fever of your child. It works like a charm, as treating your little one to a lukewarm bath for a few minutes will definitely bring down the thermometer reading.

Cold Compresses

Another great way to bring down the fever of your child is by placing cool washcloths on their wrist, groin or forehead. This is where the blood vessels are close to the surface of the skin and it will help in cooling down your child's body.

Fever Warnings

While parents will just about try anything that will help reduce the fever of their child, there are a few things that must not be practiced. Here are some of them:

- Never give your sick child an ice-cold bath or use cold water to give them a sponge bath, since it can lead to shivering and will further raise the body temperature of your child.
- If you are giving medication to your child, read the instructions carefully in order to ensure that you are giving the appropriate dosage. If you are not sure about this, then contact your doctor and ask them to administer a dose.
- Never give your child aspirin in order to bring down the fever, since it can cause [Reye Syndrome](#), which is a deadly disease.

Infants and toddlers

INFANTS and TODDLERS

Age	Temperature	What to do
0-3 months	100.4 F (38 C) or higher taken rectally	Call your child's healthcare professional, even if your child doesn't have other symptoms.
3-6 months	Up to 102 F (38.9 C) taken rectally	Have your child rest and drink fluids. Your child doesn't need medicine. Call your child's healthcare professional if your child seems more cranky than usual, has little energy or isn't comfortable.
3-6 months	Above 102 F (38.9 C) taken rectally	Call your child's healthcare professional, who may suggest that you bring your child in for an exam. Give your child acetaminophen (Tylenol, others). If your child is age 6 months or older, ibuprofen (Advil, Motrin, others) is OK too. Read the label to be sure to give the right dose. Don't wake your child to give fever medicine. Don't give aspirin to an infant or toddler. Acetaminophen and ibuprofen don't have aspirin in them. Call your child's healthcare professional if the fever doesn't respond to the medicine or lasts longer than one day.
6-24 months	Above 102 F (38.9 C) taken rectally	

Children

Age	Temperature	What to do
2-17 years	Up to 102 F (38.9 C) taken rectally	Have your child rest and drink fluids. Your child doesn't need medicine. Call your child's healthcare professional if your child seems very cranky, has little energy or complains of great discomfort.
	for children ages 2-3, or taken orally for children older than 3	
2-17 years	Above 102 F (38.9 C) taken rectally for children ages	For discomfort, give your child acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others). Read the label to be sure to give the right dose. Be careful not to give your child more than one medicine that has acetaminophen, such as some cough and cold medicines. Don't give aspirin to children or teenagers. Don't wake your child to give medicine for fever. Call your child's healthcare professional if the fever doesn't respond to the medicine or lasts longer than three days.

Adults

Age	Temperature	What to do
		Rest and drink fluids.
18 years and up	Up to 102 F (38.9 C) taken orally	<p>You don't need medicine.</p> <p>Call your healthcare professional if there's also a bad headache, stiff neck, shortness of breath or other symptoms.</p> <p>For discomfort, take acetaminophen (Tylenol, others), ibuprofen (Advil, Motrin IB, others) or aspirin.</p>
18 years and up	Above 102 F (38.9 C) taken orally	<p>Read the label to be sure to take the right dose. Be careful not to take more than one medicine with acetaminophen, such as some cough and cold medicines.</p> <p>Call your healthcare professional if the fever doesn't respond to the medicine, stays at 103 F (39.4 C) or higher or lasts longer than three days.</p>



STOP!

Go home if you have any of these symptoms
so we can stay in school together.



Fever of
104° F



Difficulty
breathing



Loss of
taste or
smell



Cough



Muscle
pain



Chills



Nausea,
diarrhea, or
vomiting



Runny nose
or congest-
ion



Sore
throat



New
Severe
Headache



Excessive
Fatigue