

## Fever

A temperature between 37.2° and 38.3° C (99°-101°F) indicates a low-grade fever. Usually, you do not need to see a healthcare provider for a low-grade fever unless it persists for 3 or more days. However, you should follow the treatment instructions below.

### Causes:

Infection, viral illness, or no apparent reason

### Treatment:

Rest several times during the day, and rest at least 8 hours at night. Acetaminophen or ibuprofen, 2 tablets every 4 hours as needed. Drink at least 8 glasses of fluids such as water or juice per day. Wear lightweight clothing.

### Consult a Healthcare Provider:

If your temperature is 101° or higher for 24 hours or if you have severe headache, stiff neck, severe swelling of throat, or mental confusion accompanied by fever. You can make an appointment at Student Health Services, 910.521.6219.

