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Jump to:Fevers are one of the most common symptoms going around during peak COVID and flu season. And if you're feeling like you're burning up, it's likely that your body temperature is spiking, too. Still, feeling sweaty and flushed can be uncomfortable, and it makes sense to find yourself searching online for tips on how to break a fever fast. It's important to point out that a fever is not a condition itself, but a symptom that something is going on with your bodyyou don't just get a fever out of nowhere. Because of this, treating the underlying condition may help alleviate your fever, says Hannah Goldberg, M.D., a primary care physician with Mercy Medical Center, Shengyi Mao, M.D., an internist at The Ohio State University Wexner Medical Center; Christopher Palazzo, M.D., a family medicine practitioner at Spectrum Health; Mary Ann Pane, R.N., a nurse clinician in Philadelphia.Whether you are dealing with the flu, a cold, pneumonia, or an inflammatory condition, read on to find out the fever home remedies that can help you feel better while your body tries to find its balance. Plus, how to properly take your temperature to be sure where your feverish feeling is coming from.Normal body temperature can range between 97 degrees Fahrenheit (36.1 C) and 99 degrees Fahrenheit (37.2 C), per Mayo Clinic. In general, doctors consider you to have a fever if your temperature is 100.4 degrees or higher, says Christopher Palazzo, M.D., a family medicine practitioner at Spectrum Health. Sure, some people run hot or run cold, but the baseline temperature that doctors go by.With that being said, the temperatures that are considered to be in the fever range primarily depend on age. Per MedlinePlus, a child has a fever when the temperature is at or above one of these levels:100.4F (38C) measured in the bottom (rectally)99.5F (37.5C) measured in the mouth (orally)99F (37.2C) measured under the arm (axillary)An adult probably has a fever when the temperature is above 99F to 99.5F (37.2C to 37.5C), depending on the time of day. Body temperature is usually highest in the evening.A fever is part of your body's immune response to infection, most commonly by virus or bacteria known as pathogens. Dr. Palazzo says. Fevers help the body make it difficult for invading pathogens to replicate as well as activate specific parts of our immune system that help to fight off infection. Basically, having a fever is a sign that your body is fighting off something. The good news is that, while having a fever may be uncomfortable, fever in itself is not harmful, says Dr. Mao. It is rather, an important clue of something going on in the body.Your body does not lose the ability to regulate temperature during a fever. It simply regulates body temperature at a higher set point, explains Dr. Christopher Palazzo, M.D., an assistant professor of clinical medicine at the University of Southern California Keck School of Medicine. When fever develops, body temperature rises toward the new higher set point, hides. Once your fever breaks, the set point returns to normal and your temperature starts to decrease by dissipating heat through sweating and dilating blood vessels in the skin. The human body regulates temperature by keeping a tight balance between heat gain and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of a home furnace, as opposed to the function of an air conditioner.To find out if you have a fever, you need to take your temperature using a thermometer. Wait at least 15 minutes after eating or drinking anything, smoking, or taking a hot bath before taking an oral reading, since this can alter mouth temperature and cause inaccurate readings. Then, take your thermometer and follow these steps:Before using a thermometer, hold it by the top end (not the bulb) and shake it with a quick snap of the wrist until the colored dye is below 96F. If you're concerned about dropping and breaking the thermometer, do this over a bed, Dr. Rosenberg says.Place the digital or glass thermometer under your tongue in one of the pockets located on either side of your mouth rather than right up front. These pockets are closer to blood vessels that reflect the body's core temperature.Hold the thermometer in place with your lips, not your teeth. Breathe through your nose rather than your mouth so that the room temperature doesn't affect the reading.Leave the thermometer in place for at least 3 minutes (some experts favor 5 to 7 minutes). After use, wash a thermometer in cool, soapy water or wipe down with rubbing alcohol. Never use hot water or store it near heat.If for some reason you can not take your temperature orally, you can opt for the axillary, or armpit, method. Per Mayo Clinic, you can follow these steps:Place the thermometer under your armpit, making sure it touches dry skin and not clothing.Hold the thermometer tightly in place until you hear the thermometer beep indicating it's done.Remove the thermometer and read the number.If you decide to go the armpit route, just know that these readings are typically less accurate than oral temperatures, even if you do it the right way.If you don't have a thermometer at home, see how you can take a oral check if you have a fever without a thermometer.As you may probably guess, the answer is it depends. How long a fever lasts on varies from person to person and depending on the cause and treatment of the fever, Dr. Mao says. Still, she says most fevers resolve within three days.Different illnesses also have different fever patterns. Dr. Goldberg says. Meaning, fevers may come on during certain times for come and go. That's something we pay attention to, she says. Some fevers happen at the same time every day and go away. With COVID, for example, they tend to happen in the middle of the night.But, if you have a fever that won't quit, it's a good idea to at least check in with your doctor.1. First, wait it out.If you do have a fever, remember this: Fever itself is not an illnessa symptom of one. So, in essence, your body's natural defenses can actually shorten an illness with its quick response and increase the power of antibiotics. These natural processes should be weighed against the discomfort involved in not medicating a slight fever and letting it run its course.2. Hydrate, hydrate, hydrate.When you're hot, your body wastes a lot of cool you do down. But if you lose too much water you might with a high feveryour body turns off its sweat ducts to prevent further water loss, making it more difficult for you to cope with your fever. The moral of this story: Fill your water bottle and drink up. In addition to plain water, experts recommend sipping on watered-down juice and hot tea.3. Opt for ice if you feel nauseous.If you're too nauseated to drink, you can suck on ice. For more variety, you can freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist.4. Cool down with wet compresses. Wet compresses help reduce your body's temperature output. Ironically, hot, moist compresses can do the job as well. If you start to feel uncomfortably hot, remove those compresses and apply cool ones to the forehead, wrists, and calves. Keep the rest of the body covered. If the fever rises above 103F, don't use hot compresses at all. Instead, apply cool ones to prevent the fever from getting any higher. Change them as they warm to body temperature and continue until the fever drops.5. Try sponging to cool down with water.7. Evaporation also has a cooling effect on body temperature. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.8. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.9. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.10. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.11. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.12. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.13. Try dabbing cool tap water onto the skin to help dissipate excess heat, says Mary Ann Pane, R.N., a nurse clinician in Philadelphia.14. 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and one lightweight blanket or sheet for sleep.Natural fibers, such as cotton, bamboo, or silk, often breathe better than manmade fibers such as acrylic or polyester. Advertisement High temperatures can make a fever last longer and cause excessive sweating that can lead to dehydration.[3] The room temperature should ideally be 73/77F (23/25C).If the room is hot or stuffy, a fan may help. Getting enough rest helps your body heal faster, so avoid moving around too much. Take some time off work to get even more sleep than you usually do if possible.[4] Sleep deprivation can weaken the immune system, increase the production of stress hormones, put you at higher risk for chronic disease, and lower life expectancy. Advertisement If the fever is very high or causing you serious discomfort, you can take a fever-reducing medication. Several medicines target fevers: acetaminophen, ibuprofen, and aspirin, for instance. Take these over-the-counter medications as the label suggests to help bring down your fever.[5]Check the dosing carefully. Take the smallest dose possible to relieve your fever.Children under 18 should not take aspirin unless specifically recommended by a doctor. It is associated with the development of Reye's syndrome, a disease that causes the brain and liver to swell.[6] Soak a sponge in water and dab it on your skin. Dip small towels or a sponge in lukewarm water and dab your forehead, legs, and under your arms. This helps keep your body cool and can make you more comfortable.[7]Using cold water, an ice pack, or taking a cold shower can induce shivers, which can increase the core body temperature, making the fever last longer.Do not apply warm towels to an injury or inflamed skin, as it can cause bleeding and further inflammation. Advertisement If your fever is caused by a cold or flu, its important to keep your nose clear to breathe comfortably. Do not blow your nose too hard, as the pressure can give you an earache on top of the cold. Be sure to blow gently and only as often as necessary.[8]Experts recommend that you blow by holding a finger over one nostril and gently blowing the other into a tissue.[9] If your child or infant has a cold, help them blow their nose correctly.Wash your hands each time you blow your nose to avoid chances of other infections by bacteria or viruses. Applying rubbing alcohol on your skin makes your skin feel cooler. However, it is a very temporary sensation. This cooling effect does not help when you have a fever as it can cause shivering, which raises your core body temperature.[10]In addition, the skin can soak up alcohol. For small children (and infants in particular), this approach can increase the risk of alcohol poisoning.[11] Advertisement Your body can quickly lose moisture and get dehydrated by sweating or sneezing caused by illnesses, such as colds and flu, that are often associated with a fever. Dehydration can cause your temperature to rise and often leads to headaches, dizziness, muscle cramps, low blood pressure, and seizures.[12]4 liters (8.516.9c) of water is the daily recommendation for the average adult. [13]For young children, consider a commercial electrolyte rehydration solution, such as Pedialyte, since these proportions have been specifically designed for children's bodies.[14]To rehydrate children, offer at least 1 fluid ounce (30mL) per hour for infants, 2 fluid ounces (59mL) per hour for toddlers, and 3 fluid ounces (89mL) per hour for older children.[15] A bland diet includes foods that are soft, not very spicy, and low in fiber to be digested easily. Some good choices for foods are:[16]Bread, crackers, and pasta made with refined white flourRefined hot cereals, such as oatmeal or cream of wheatJuices are okay in moderation, but do not give your child too much fruit juice, as many fruits contain citric acid, which can cause stomach acid reflux and lead to vomiting. Dilute these drinks by making them one half water, one half juice. If you are making homemade juice, make sure the fruits or vegetables used are ripe. Make sure the juice is 100% juice with no added sugar. Do not give juice to a child who is vomiting.[17]For children who are accustomed to drinking it regularly, milk is a good choice if they are not vomiting.Infants should only be given nutritious beverages, breastmilk, and commercial rehydration solutions like Pedialyte until the fever comes down. Solid foods may put too much strain on the infants digestive system.[18] Advertisement Too much caffeine can be bad for you when you have a fever. Caffeine overdose can cause fevers, headaches, insomnia, diarrhea, irritability, and dizziness. Caffeine also stimulates water excretion and excessive intake can lead to dehydration.[19] When you have a fever, try to avoid caffeine or lower your intake to 100 mg.1 cup (240mL) of brewed coffee contains 133 mg of caffeine, and 1 cup (240mL) of black tea contains 53 mg of caffeine. Avoid sugary soda, energy drinks, and sports drinks, as these can cause nausea and vomiting during a fever.Do not use caffeine supplements until you recover from the fever.Children and infants should generally avoid taking caffeine. 1You should abstain from drinking alcohol, whether it is beer, wine, or another drink when you have a fever, regardless of severity. Alcohol weakens the immune system, making it harder for your body to recover quickly.[20]Don't smoke. In addition to the risks of lung cancer and other respiratory diseases, smoking also suppresses the body's immune system.[21] Smoking thus requires the body to fight harder against viruses and bacteria, which increases body temperature. It is best to avoid exposure to cigarette smoke, nicotine, and other tobacco products until your fever has reduced.Children (especially infants) should not be exposed to secondhand smoke, especially while they have a fever. Advertisement 1Get emergency medical help if you are an adult with a fever over 103F (39C). A very high fever can be extremely dangerous. If your fever reaches above a temperature of 103F (39C), go to an emergency room or an urgent care facility for testing. You may need prescription medication or hospitalization.2Consult a pediatrician if your child has a fever. Always consult a pediatrician before giving a child medication for a fever. Additionally, seek medical care if your child:[22]Is younger than 3 months old and has a rectal temperature of 100.4F (38.0C) or higherIs 3-6 months old and has a fever of 102F (39C) or higherIs under age 2 and has a fever that lasts longer than 48 hoursIs not alert, cannot be awakened easily, has had fevers come and go for up to a week or more (even if they are not very high or if fever symptoms come back after they had gone away)Does not make tears when crying or cannot be calmed down when cryingDoes not have wet diapers or has not urinated in the past 8 hoursHas other symptoms that suggest an illness may need to be treated, such as a sore throat, earache, diarrhea, nausea or vomiting, or a cough.3Visit a doctor for serious cases. Though you can treat many fevers at home, there are specific situations in which you should leave the care to the professionals. Reasons to seek emergency care when you have a fever include:[23]Neck pain or stiffnessIntense headache or sensitivity to lightConfusionVomitingChest painTrouble breathingSeizures4Call a doctor if your fever persists. A fever is your body's natural way to eliminate illness. But a fever that continues could be a sign of a deeper or more serious problem. If your fever doesn't go away, even after trying to get rid of it, call your doctor. They may suggest that you seek emergency treatment or they can prescribe medication that can help.[24]If your fever lasts longer than 48 hours, call a doctor. It could be a sign of a viral infection.5Seek emergency care if you feel signs of dehydration. A high fever can cause your body to lose fluids and could lead to dehydration. If you begin to feel symptoms of dehydration, get to an emergency room or an urgent care clinic immediately. You may need IV fluids to rehydrate.[25]Symptoms of dehydration include dry mouth, sleepiness, little or dark urine output, headache, dry skin, dizziness, and faintness.6Visit a healthcare center if you have a pre-existing condition. If you have a disease such as diabetes, anemia, a heart condition, or lung disease and you develop a high fever, you need to get checked out by a doctor. A fever is much more dangerous if you already have a condition that could be exacerbated by a fever.[26]If youre concerned, call your primary care doctor to be sure of what you need to do.7Talk to a doctor if you get a rash or see bruises while you have a fever. If you develop a skin rash, or you see bruises that you cant explain and seem to have come out of nowhere, contact your doctor. It could be a sign of a serious problem with your immune system.[27]If the rash worsens or starts to spread, go to an emergency room.Painful bruises on your skin that start to get larger or more numerous could be a sign of a serious illness. Go to the hospital if you develop lots of painful bruises.8Go to an emergency room if you exhibit signs of a caffeine overdose. Caffeine can be dangerous if you have a high fever and your body is dehydrated, so you should avoid consuming any at all. But if you do drink coffee or tea and you start to exhibit symptoms of caffeine overdose, go to an emergency room immediately.[28]Caffeine overdoses exhibit symptoms such as nausea, vomiting, chest pains, convulsions, hallucinations, and loss of consciousness.9Differentiate between a fever and other activities that raise body temperature. Physical activity, mood swings, hormonal changes, irregular or heavy eating, tight or heavy clothing, medications, and exposure to high temperatures can also increase your body temperature. If you suspect you have heat stroke, seek medical care immediately.[29] Advertisement Ask a Question Advertisement The advice in this section is based on the lived experiences of wikiHow readers like you. If you have a helpful tip you'd like to share on wikiHow, please submit it in the field below. When you have a fever, it may seem counterintuitive, but avoid bundling up in lots of layers. Piling on too many heavy clothes and blankets can actually worsen a fever instead of helping it. Stick to just one lightweight layer so your body can better regulate its temperature. When you have the energy, take a short and gentle walk outside for some fresh air circulation. This can help relieve fever discomfort. If you're too dizzy to walk, open the windows to let in fresh air instead. But don't overexert yourself. If you develop a headache from a fever, avoid prolonged TV watching or screen time. The extra stimulation can exacerbate headache pain. Instead, give your eyes a rest by lying in a dark, quiet room while staying hydrated. For fever relief and to help you sleep, wet a washcloth with cool water and place it across your forehead or on the back of your neck. The cooling sensation can provide comfort. Avoid using ice packs directly on skin. Stick to acetaminophen or ibuprofen for young ones with a fever, but always check with your pediatrician first on proper dosage. Co-authored by: Board Certified Pediatrician This article was co-authored by Laura Marusinec, MD and by wikiHow staff writer, Amy Bobinger, BA. Dr. Marusinec is a board certified Pediatrician at the Children's Hospital of Wisconsin, where she is on the Clinical Practice Council. She received her M.D. from the Medical College of Wisconsin School of Medicine in 1995 and completed her residency at the Medical College of Wisconsin in Pediatrics in 1998. She is a member of the American Medical Writers Association and the Society for Pediatric Urgent Care. This article has been viewed 5,550,870 times. Co-authors: 165 Updated: March 25, 2025 Views:5,550,870 Categories: Featured Articles | Fever Care Medical DisclaimerThe content of this article is not intended to be a substitute for professional medical advice, examination, diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or stopping any kind of health treatment. PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 5,550,870 times. \*My husband is waiting to have an operation,and is experiencing chills and then sweating. These are some of the symptoms he expects, but they can be frightening. Your advice has been really helpful, and hopefully will lead him over until he has his op. \*... more Share your story Hey there! If you're reading this, chances are you or someone you know is dealing with a fever. Do not panic. It might be due to changing seasons and fluctuating temperatures, which can cause various iseases, including fever. Fever is how your body responds to viruses, bacteria, and other harmful pathogenic germs that enter the body and result in a sudden increase in body temperature. Some simple natural home remedies might help you feel better. In this blog, let's learn about some of the best home remedies to reduce fever, along with a few other things like the causes, foods you should eat when you have a fever, and more. So, let's dive in! What Causes a Fever? First things first, let's understand what the cause of fever is. Well, fever is a natural response from your body when its trying to fight off an infection. Your body temperature rises as a defense mechanism. It can be caused by many conditions, such as: Infections: The most common cause of fevers is infection. It could be viral, like the flu or a cold, bacterial, like strep throat or a UTI, or even fungal. Inflammatory conditions: Issues like rheumatoid arthritis can also lead to a fever as part of the body's inflammatory response. Medications: Fever might be a side effect of any drug that causes a fever. Heat exhaustion: Sometimes, being in a hot environment can elevate your body temperature. Fever is common, and its usually not something to worry about unless it lasts too long or is very high. Read Also: 7 Warning Signs of Dengue Fever: Recognize the Symptoms Early Most Common Symptoms Of Fever So, how do you know if you have a fever? You can check the fever by touching the body of the person, and you can also measure the fever with a thermometer. Here are the main symptoms of fever, including: A high body temperature over 100.4F or 38C Chills Sweating Headaches Muscle aches or body pain Fatigue Loss of appetite Irritability or confusion If you're experiencing the above symptoms, you are experiencing multiple symptoms that dont allow you to be at peace. But dont worry! You have various options and home remedies to help you manage it! Also read: 12 Common Types of Fevers- Symptoms & Precautions. 8 Best Home Remedies for Fever Here are some popular home remedies that can help you reduce fever- 1. Tulsi (Basil) and Ginger Tea Let's start with one of the oldest popular remedies: Tulsi (holy basil) and ginger tea. Tulsi has been used in Ayurvedic medicine for thousands of years. It is famous for its antirnal, antibacterial, and anti-inflammatory properties. Ginger helps fight infections and reduce fever. How to Make It: Boil a few fresh tulsi leaves and a small piece of ginger in water. Boil it for 10 minutes and strain it. You can add honey to sweeten the tea. 2. Honey and Cinnamon Honey isn't just used to sweeten food; it's a natural medicine, too! Combined with cinnamon, known for its antimicrobial properties, it helps reduce the temperature. How to Make It: Mix 1 spoon of honey with teaspoon of cinnamon. Stir it well and consume it two to three times a day. 3. Lemon and Black Pepper Drink Lemons contain vitamin C, which helps boost immunity. The lemon and black pepper combination is great for cooling down the body. How to Make It: Squeeze lemon into warm water. Add a pinch of black pepper and mix it well. Drink this mixture once or twice a day. 4. Neem Leaves Neem has antimicrobial and anti-inflammatory properties, which help to reduce fever. How to Use It: Boil some fresh neem leaves in water for 5-10 minutes. Strain the water and let it cool. Drink it a couple of times a day. 5. Fenugreek (Methi) Seeds Fenugreek, also known as methi, promotes sweating and helps to bring down body temperature. It also has antibacterial and anti-inflammatory properties that help fight infections. How to Make It: Soak one spoonful of methi seeds in water overnight. In the morning, boil them in fresh water for about 10 minutes. Strain the liquid and sip on it once it cools. 6. Turmeric Milk (Haldi Doodh) Haldi doodh is a popular home remedy for various diseases. Turmeric is a potent anti-inflammatory and antimicrobial agent. Drink warm turmeric milk to reduce fever; this will help you sleep better. How to Make It: Heat a cup of milk and add a pinch of turmeric powder. Drink the warm haldi milk before sleeping. 7. Coriander Seeds Coriander has amazing medicinal properties. It helps lower fever by promoting sweating, which naturally cools the body down. How to Make It: Boil one spoonful of coriander seeds in water for 10 minutes. Strain the mixture and drink the liquid after it cools. 8. Garlic and Honey Garlic contains various antioxidants that fight infections. Combined with honey's natural antibacterial properties, garlic is an excellent remedy for fighting the underlying causes of fever. How to Make It: Crush 2-3 garlic cloves and mix them with a teaspoon of honey. Take this remedy 2-3 times a day for best results. What to Eat When You Have a Fever? When you feel feverish, you don't feel like eating. But this is when you should take care of yourself and eat the right food to recover faster. Here's what you should eat when you have a fever: Clear soups and broths- Soups are easy to digest and help keep you hydrated, relieving the fever and sickness. Lemon and honey- Drink warm honey and lemon water. Rich in Vitamin C, it will soothe your throat and boost immunity. Ginger tea relieves nausea and inflammation and can be soothing in a fever. Yogurt- Its a light, probiotic-packed food that helps keep your stomach happy and your body strong. Fruit juices- You can drink fresh juices from oranges, pomegranates, or apples to hydrate yourself. Coconut water- Stay hydrated with coconut water; this will replenish electrolytes lost due to fever. Khichdi (rice porridge) is one of the most popular Indian foods for fever. It is made with rice and lentils and is super gentle on your stomach. It gives you energy without being too heavy. Mashed potatoes- Do you not feel like eating because you have a fever? Try soft, plain foods like mashed potatoes. They're bland but comforting. Remember that staying hydrated is key when you have a fever. Drink more fluids and avoid caffeine or sugary drinks, which could make you feel worse. Blood Tests for Fever: When to Get Checked If the fever sticks for days or is high, it is better to consult your doctor. They might recommend various blood tests to detect the cause of the fever. Here are a few tests your doctor might order if your fever is persistent: Complete Blood Count (CBC): This test checks for infections or anemia by examining different blood components. Blood Culture- If the doctor suspects a serious bacterial infection, this test looks for bacteria in your blood. Dengue Test- If you live in an area where dengue fever is common, a blood test for dengue antibodies will help confirm whether that's the cause of the fever. Malaria is a common cause of fever in certain areas.The blood test can detect malaria parasites. Typhoid Test- In places where typhoid is common, a blood test can check for the bacteria that cause it. There are various fever packages available at Redcliffe Labs- Mild fever is usually treatable at home, but your doctor can recommend blood tests to identify the cause and suggest the right treatment if you are not getting relief. Read more: How Many Days Does Dengue Fever Last? How to Reduce Fever at Home for Children? Here is what you can do at home to help reduce their fever and comfort them. Here are some tips that can help: Hydrate, Hydrate, Hydrate: Kids can quickly dehydrate with a fever. Offer them water, coconut water, or fruit juices throughout the day. Dress Lightly- Don't bundle them up in too many layers. Wearing light clothes will help their bodies cool down naturally. Healthy, Light FoodsKeep meals light and nutritious. Serve soups, rice porridge, and yogurt. Herbal Teas- Tulsi tea can help with the fever. Room Temperature- Keep the room cool and well-ventilated. Fever-Reducing Medications: Consult your doctor. They might recommend medications like paracetamol to reduce the fever. Rest- Give them proper rest, which gives their body the energy to fight off the infection. Cold Compress- A cool compress on the forehead can provide immediate relief. When to See a Doctor- If the fever persists for more than a couple of days or if your child's temperature exceeds 103F (39.4C), it's time to consult a healthcare professional. Also Read: What are the Signs of Recovery From Typhoid Fever? Wrapping It Up So, now you know how to deal with a fever at home. With these simple home remedies for fever, like ginger tea, tulsi, and good foods, you can reduce the fever and speed up your recovery. These home remedies for fever are helpful, but if the fever lasts too long or gets too high, it's always a good idea to consult a doctor. So, the next time you have a fever, why try one of these remedies? Stay well, and take care! FAQs 1. How to reduce fever quickly at home? To reduce fever quickly at home, drink plenty of fluids, rest, and apply a cool, damp cloth to your forehead. 2. What drinks cure a fever? Drinks like ginger tea, lemon and honey water, coconut water, and herbal teas soothe your body and reduce fever. Avoid caffeine and sugary drinks. 3. Is turmeric good for fever? Yes, turmeric is a natural anti-inflammatory and has antimicrobial properties. It helps to reduce fever and support your immune system. 4. How to use garlic for a fever? Garlic has natural antibacterial properties. You can consume it raw, add it to your foods, or make garlic tea. 5. Can I drink ORS when I have a fever? Yes, you can drink ORS during a fever. It helps replace lost electrolytes, prevent dehydration, and maintain hydration levels. Anyone who has ever had a fever knows how miserable and worrisome they can be, particularly when dealing with young children. Fevers are a common sign of illnessand a necessary response to stimulate the immune system and fend off unwanted invaders which thrive at normal body temperature. In fact, a fever is actually a good indicator that your immune system is working properly. Fevers play a vital role in fighting illnesses and should be worked with, rather than against. But they are uncomfortable and leave the patient feeling miserable. But when it comes to fevers, we often are hasty in reaching for the medicine bottle. Regarding the common cold, flu, or viral infection, it may be counterproductive to suppress a fever using conventional OTC treatments, such as acetaminophen. It may provide some temporary relief, but it may make it harder for the immune system to do its job. Significant research suggests that a mild-to-moderate fever should be allowed to run its course, and by doing so, it can shorten the duration of the illness and reduce the chance of spreading the disease to others. So, what do you do if a fever strikes? With most fevers, your goal should be comfort. These ten tips can help you naturally treat a fever and have you feeling better and back on your feet faster. 1. Stay Hydrated:Rule #1 is to stay properly hydrated. Dehydration can happen easily, particularly with babies and young children. Often you will not have an appetite for food with a fever, as your body is busy using its energy to fight the illness and doesnt want to expend it to digest food. There is no need to force your body to eat if you have no appetite, but keep up with the liquids. Try eating steamed vegetables, soups and, broths if possible to stay nourished. Drink plenty of water and herbal teas. Coconut water is a good choice to add electrolytes to your system. If you are too ill to eat or drink, try sucking on ice chips or ice pops. 2. Get Some Rest! Sleep is the bodys most powerful natural method for recovery from illness. In fact, lack of sleep can even make you sick. Be sure to get plenty of sleep to allow your body to use the energy it has to fight the illness. This is the perfect time to use those sick days and to keep your kids home from school. Extra sleep will ensure a quicker recovery, while also preventing spreading something if you happen to be contagious. 3. Drink Herbal Teas: Herbal teas are a great choice in aiding a fever. Not only do they help keep you hydrated, but they can produce perspiration while also strengthening your immune system to help you get better faster. Elderflowers, catnip (gentle choice for children), yarrow, white willow bark, Echinacea, and lemon balm are all known to assist in the treatment of fevers. Lemon juice and raw honey can be added to the tea for an extra boost of vitamin C (but never give honey to a child under one year of age). 4. Boost Your Immunity: Assist your body in fighting the illness: echinacea, elderberry syrup, Vitamin C (rose hips are a good source) and colloidal silver are all good options to have on hand to give yourimmune system a helping hand. 5. Try An Epsom Salt Bath: Epsom salt provides the body with hydration and magnesium while also drawing toxins from your body. Add 2 cups of Epsom salts to a warm (not cold) bath and soak (10-15 minutes for children and 20-30 minutes for adults). 6. Apple Cider Vinegar To The Rescue: Apple cider vinegar is another age-old remedy used to help draw out the fever. Soak a couple washcloths in diluted apple cider vinegar (1 part vinegar to 2 parts water) and place them on your forehead and tummy or wrap them around the soles of your feet. Alternatively, you can add a cup of apple cider vinegar to a warm bath. 7. Turn To Essential Oils: Sweat it out with peppermint oil, ginger oil, and cinnamon bark oil which can helpwarm the circulatory system and cause sweating. Lavender, thyme, rosemary, eucalyptus, and sage oils also help to provide soothing comfort when treating a fever. Try applying a few drops of lavender oil in cool water and soak a washcloth in the mixture. Rest iton your forehead for a cooling, relaxing effect. Alternatively, mix a few drops of peppermint oil with coconut oil and rub it on the bottoms of your feet and the back of your neck. 8. Drink Bone Broth: Grandma was rightchicken soup is good for more than just the soul, and bone broth kicks healinginto a higher gear. Bone broth contains gelatin and cartilage which support healthy immune function. Drink a cup the next time a fever strikes to give your immune system a boost with the added benefit of keeping you hydrated. Homemade bone broth, using healthy, organic bones and vegetables, is always preferred, however, there are many store-bought varieties available as well. 9. Try Homeopathy: Homeopathy is the belief that the body has the ability to heal itself, and homeopathic remedies are natural ways to support your body during a fever. Belladonna, Aconite, Nux Vomica, and Pulsatilla are among the most common homeopathic remedies used to treat fevers effectively. They are said tostimulate the bodys natural ability to self heal, shortening the duration of illness and recovery time. These remediescan be found at most health food stores, drug stores, orcan be ordered online. See our note on homeopathic medicines, below. 10. Wet Sock Treatment: The wet sock treatment may sound strange, but many people swear by this natural remedy to help stimulate the immune system and increase blood circulation. It is best to use this technique on the first day of the illness and to do it for a few nights in a row for maximum effectiveness. First, you will need to warm your feet in a warm bath or shower. Dry them completely. Then, right before going to bed, soak a thin pair of cotton socks in cold water, wring them out and slip them on. Cover with a pair of dry wool socks. The wet socks should be warm and dry in the morning. If you wake in the middle of the night and the socks are already dry, repeat before going back to sleep. While it is generally advisable to let a fever run its course, there are certain red flags to watch for that may indicate a need for a trip or call to the doctor: Dehydration.Persistent fever lasting more than 2-3 days.Any fever over 100.4 F in a baby under 3 months.A fever over 104 F, or when the person has a compromised immune system or is undergoing chemotherapy treatment.No clear source of the fever (no runny nose, no cough, no pain, etc.).Excessive lethargy.Trouble breathing. While most fevers are harmless and are actually helpful, always use your best judgment and consult your doctor if there is a cause for concern. \* A Note on Homeopathic Remedies: Homeopathic medicines usually come in the form of a pill (pellet) or liquid which are absorbed by mouth. They contain highly-diluted active ingredients (usually a plant or mineral) for treatment of various diseases. While homeopathic remediesare regulated as drugs under the Federal Food, Drug and Cosmetic Act (FDCA), the FDA does not evaluate the remedies for safety or effectiveness. Theycan be purchased over the counter with no prescription, butitis often advisable to consult with ahomeopath to find the best mixtures for your specific symptoms.

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