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Jump to: Fevers are one of the most common symptoms going around during peak COVID and flu season. And if youre feeling like youre burning up, its 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. Its
important to point out that a fever is not a condition itself, but a symptom that something is going on with your bodyyou dont 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. Still, there are some things
you can do in the meantime to help make yourself feel better and even break that feverbut FYI, you cant actually sweat out a fever. Meet the Experts: Raj Dasgupta, M.D., an assistant professor of clinical medicine at the University of Southern California Keck School of Medicine; 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 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 that 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 (37.2C) measured in the temperature is above 99F to 99.5F (37.2C) measured in the bottom (rectally)99.5F (37.2C) measured in the mouth (orally)99.5F (37.2C) measured in the bottom (rectally)99.5F (37.2C) measured in the bottom (rectally)99.5F (37.2C) measured in the bottom (rectally)99.5F (37.2C) measured in the mouth (orally)99.5F (37.2C) measured in the bottom (rectally)99.5F (37.2C) measured in 
Body temperature is usually highest in the evening. A fever is part of your bodys immune response to infection, most commonly by virus or bacteria known as 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 Raj Dasgupta, M.D., an assistant professor of clinical medicine at the University of Southern California Keck School of Medicine. When a fever develops, body temperature rises toward the new higher set point, he adds. 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 an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of an air conditioner. To find the skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of a skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of a skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of a skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of a skin and heat loss, says Dr. Dasgupta. Your temperature regulation system is more analogous to the operation of a skin and heat loss of the operature regulation of a skin and heat loss of the operation of a skin and heat loss of the operation of the operature regulation of t
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 youre concerned about dropping and breaking the 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 bodys 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 doesnt 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, 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 do it the right way. If you don't have a
thermometer at home, see how you can still check if you have a fever without a thermometer here. As you can probably guess, the answer is it depends. How long a fever lasts can vary a lot 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. Thats 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 wont
quit, its 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 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. Hydrate, hydrat
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 your etoo nauseated to drink, you can freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray for a fruity and delicious twist. 4. Coolean freeze diluted fruit juice in an ice-cube tray fruity and delicious twist. 4. Coolean freeze diluted fruity and d
down with wet compresses. Wet compresses help reduce your bodys temperature output. Ironically, hot, moist compresses and apply cool ones to the forehead, wrists, and calves. Keep the rest of the body covered. If the fever rises above 103F, dont 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. Evaporation also has a cooling effect on body temperature.
Pane, R.N., a nurse clinician in Philadelphia. Although you can sponge the whole body, she says, pay particular attention to spots where heat is generally greatest, such as the armpits and groin area. Wring out a sponge and wipe one section at a time, keeping the rest of the body covered. Body heat will evaporate the moisture and cool the skin. 6. Pop
an OTC pain reliever. Advil Pain Reliever/Fever Reducer Coated TabletsIf youre very uncomfortable, take an over-the-counter pain reliever. For adults, aspirin, acetaminophen and ibuprofen over aspirin is that fewer people experience side effects. So which
one should you take? All are effective, but some work better for particular ailments. For example, aspirin and ibuprofen are common nonsteroidal anti-inflammation, Acetaminophen is recommended if you have gastrointestinal sensitivity or are allergic to aspirin. It doesnt
work as well as NSAIDs for inflammation and muscle aches; however, its a safer drug to use and has minimal side effects, as long as its taken in the proper dosage. 7. Bundle up. Use common sense as far as clothing and blankets go, says Pane. If youre very hot, take off extra covers and clothes so that body heat can dissipate into the air. But if you
have the chills, bundle up until youre just comfortable. 8. Take your time with eating. Dont fret over whether you should feed a fever or starve onejust drown it. Most people dont want to eat what appeals to you. Toast, scrambled eggs,
chicken soup, and vanilla pudding all go down easy as part of your recuperation, here are the best foods to eat when you have a fever. Fevers are usually associated with increased metabolism in the body meaning the body is on overdrive and needs more oxygen and
fluids, explains Shengyi Mao, M.D., an internist at The Ohio State University Wexner Medical Center. Being active while running a fever can put extra strain on the body while its already under stress. Basically, lying in bed or just doing your best to take it easy will allow your body to do
what it needs to do. Temperatures of 102F or higher may be serious, particularly if you are also feeling sick with other symptoms. Adults with chronic illnesses, such as heart or respiratory disease, may not be able to tolerate prolonged high fevers. For very young infantsaged 12 weeks or younger, seek immediate medical care for high
fevers of 100.4 degrees or higher. For children: For a child of any age, consult a healthcare provider for any fever that rises above 104 degrees repeatedly. Seek immediate medical care if your child has a fever along with any of the following symptoms: Blue lips, tongue, or nailsEar painFebrile seizures, which occur within 24 hours of a feverFever
lasting longer than 24 hours in a child younger than 2 years oldFussinessRepeated vomiting or diarrheaSevere headacheSore throatStiff neckUnexplained rashUnusual drowsinessFor adults: Adults should contact a healthcare provider when their fever stays at or rises above 103 degrees, especially if the fever keeps climbing with no sign of coming
down. Additionally, if you experience one or more of the following, seek immediate medical care, per our experts and the Centers for Disease Control and Prevention: Headache with stiff neckSevere coughing or vomitingPain taking a deep breath or difficulty breathingFacial painSkin rashConfusionUnexplained bruising or bleedingPersistent
diarrheaYellow or green discharge from the noseTemperature higher than 101F that lasts more than 2 days or fails to respond at least partly to treatmentTemperature higher than 103F under any condition.. Medically reviewed by Connie Jennings, M.D.Medical Director of the University of Kentucky Integrative Medicine and Health ProgramConnii
Jennings, M.D., practices internal medicine with a patient population ranging from young adults to geriatrics at the University of Kentucky and is the medicine and Health Program. Dr. Jennings also practices acupuncture, provides integrative medicine consults, and teaches meditative skills
Her integrative medicine team promotes healthy lifestyles, disease prevention, and holistic healing, and in addition to her clinical work, she teaches undergraduates and professional students. Her approach to medicine focuses on the relationship between the patient and the provider as the healing force. health centerscold and flu center Disease and
Condition: Common Cold Here are 8 home remedies to help reduce a fever without taking medication, which includes, staying hydrated, sponging, and proper nutrition. Fever is a reversible increase in body temperature that lasts for a particular time frame in a patient, which depends on the intensity of the illness and the treatment administered to
address the temperature change. Though fever is not life-threatening, it causes great discomfort to everyone. Here are 8 home remedies to help reduce a fever without medications: Drinking plenty of water Increased temperature in the body results in dehydration. With dehydration, a person may feel even more warm and uncomfortable. So, the first feel even more warm and uncomfortable and the first feel even more warm and uncomfortable.
important step is to keep the person hydrated. Taking small portions of water frequently will help. For children, a few tablespoons of water every 10 minutes should ensure that they have adequate liquids in their bodies. Hydration helps feel comfortable and reduces the heat in the body. Sponging Sponging is a very good technique that reduces high
body temperature in children and adults, who are confined to bed due to illness. A sponge or a towel is immersed in cold water, partially squeezed, and placed on or used to clean the bodys surface. This is repeated multiple times to bring down the body temperature. Sponging is usually done on the forehead, chest, groin area, and wrist. Lukewarm
baths A lukewarm bath is one of the best methods to reduce body temperature. Taking a shower with lukewarm water relaxes the muscles and improves immunity. Drinking lemon juice with lukewarm water is an effective
natural cure for fever, as well as colds, flu, and other diseases. Nutritious food Eating food rich in vitamins, antioxidants, and minerals is essential to improve the immune system, you get back into shape soon. It is important to keep your stomach on the lighter side during fever because the digestive
system weakens with illness. Soups Eating soups that contain herbs (such as basil) and spices (such as capsaicin and pepper) will improve blood circulation and cool down the body temperature. Fruit juices Fresh-pressed fruit because in the body by producing sweat. Broth-based soup provides energy and essential nutrients to fight the disease and bring down the body by producing sweat. Broth-based soup provides energy and essential nutrients to fight the disease and bring down the body temperature.
juices provide the body with the necessary sugars and vitamins that help regain strength. This increases energy in the body and cool it down. Comfortable clothing It is recommended to wear light breathable clothes such that the temperature
from the body escapes into the surrounding environment and provides some relief. A fever, medically referred to as pyrexia, is an increase in the body temperature that occurs as a response to an illness, such as an infection caused by bacteria or virus or any allergic reaction. When the body temperature is about 98.6F, it is considered normal.
However, the range may vary based on a variety of circumstances, such as the foods eaten, sleeping habits, and the physical activities a person engages in. Fever is not an illness, but it is a symptom of underlying illnesses or infections. The body temperature rises when the immune system works hard to combat infections, such as bacteria or viruses
Fever is classified into various types based on the rise in temperature and the pattern of the fever, such as the following: Temperature Low-grade fever: 100 to 101F High-grade fever: 103 to 104F Dangerous range of temperature Low-grade fever: 104 to 107F Hyperpyrexia: Above 106.1F Pattern Sustained fever: The body temperature variations of 0.5F or less during
24 hours. Remittent fever: The body temperature rises and falls, but it never returns to normal. The temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation is more than 0.5F but less than 2.5F. Intermittent fever: The body temperature variation variation variation variation variation variation vari
intermittent, with a variation of 2.5F or more between the highest and lowest body temperatures in a day. A Cold or The Flu? How to Tell the Difference See Slideshow Weve all been there sick in bed, simultaneously feeling hot and cold with a highfever. All we want to do is feel better if only this darn fever would break. That naturally leads to
wondering how to break a fever and how to get rid of a fever. Looking for a natural ways to beat a flu or cold. Believe it or not, getting a fever isnt the worst thing in the world, despite the fact it feels like the opposite. A
fever is most often a defense that the body provides against infection so its actually a good thing. Fevers are generally harmless and can actually be considered a good sign that your immune system is working properly and that the body is trying to heal itself. That, of course, doesnt make having a fever any less pleasant, and it sure doesnt make you
want to have one for any longer than you have to. So with that in mind, lets look below at how to break a fever? A fever is a high body temperature. Its usually a symptom of an underlying condition, most often an infection. While a fever can be very uncomfortable, its often not dangerous, as long as its
not severe. Depending on your age, physical condition and the underlying cause of your fever, you may not require any medical treatment to get rid of a fever? In general, a fever? In general, a fever is considered a body temperature that shigher than normal. While the average normal body temperature is 98.6 degrees Fahrenheit (37C), a normal
temperature range is between 97.5F (36.4C) and 99.5F (37.5C). Most doctors considered mild and usually doesn't require medication or a doctors visit. Normal body temperature can vary with age, general health, activity level and even the time of day.
Infants tend to have higher temperatures to be higher temperatures to be higher temperatures to be higher temperature. How do you know if you have a fever? If
someone in your family has a fever, he or she may feel warm, appear flushed, sweat more than usual. Other symptoms include an earache, sore throat, a rash or a stomachache, depending on the underlying cause. Some types of fevers are referred to as hyperthermia, defined as a dangerous rise in body temperature that is
caused by a failure of the heat-regulating mechanisms of the body to deal with the heat coming from the environment. This includes heat fatigue, heat cramps, heat exhaustion and heat stroke. These conditions tend to cause more noticeable symptoms, including dizziness, fainting, sweating and cramping. Heres some reassuring news: Brain damage
from a fever generally will not occur unless the fever is over 107.6F (42C). Untreated fevers caused by infection will seldom go over 101 to 103F
for more than three days, its best to get help in order to rule out serious underlying causes. How to Break a FeverWant to get rid of a fever in 24 hours? Keep in mind that a fever doesn't always need to be totally resolved. The goal is usually to lower, not eliminate, the fever because the fever may actually be helping to fight off an infection. Most people
symptoms so you know if theyre getting worse. Also get lots of rest, and dress comfortably. Can you sweat out a fever may be somewhat helpful because this is a sign that the fever is breaking and resolving. Heat is lost through your skin, so dont bundle up rather wear comfortable clothing. Theres no need to wear lots of layers to
purposefully increase sweating, as this is unlikely to help. You might even want to leave some of your skin exposed if this helps you feel better. You may find that you fluctuate between feeling cold/shivering and feeling hot. This is normal while the body is overcoming a fever and may be a sign that its coming down. How to Get Rid of a Fever Here are
some of the best tips on how to get rid of a fever:1. Rest Is KeyWhen we rest, our bodies work on healing by repairing and restoring themselves. Sleeping allows the brain to trigger the release of hormones that encourage new tissue growth, and this rest helps your body defend itself. When you rest, in particular when you sleep, your body makes more
white blood cells that can attack viruses and bacteria, which is exactly what you want to happen. Thats why if you cant sleep, chances are your fever will last longer. Make sure to get plenty of FluidsHydration is important, as fluids can help remove toxins, which in turn speeds up
the healing process. Dont give a child too much fruit or apple juice, but rather dilute these drinks by making them one half juice. The reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is that bacteria live on a type of sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as they reason for this is the sugar called glucose. Avoid sports drinks as the sugar called glucose as the sugar called glucose. Avoid sports drinks as the sugar called glucose as the sugar called glucose. Avoid sports drinks as the sugar called glucose as the sugar 
provides electrolytes, too. Herbal teas, such as peppermint or chamomile, are also great options. 3. Eat Mild, Bland Foods include foods like
 bananas, oatmeal and bone broth. Fruit juice popsicles are often good for children. Generally, try to offer unrefined, less sugary foods when possible.4. Consume Probiotics Probiotics are especially helpful in helping the gut, even during illness, as they help support the immune system. Did you know that more than 70 percent of your entire immune
system is located in your digestive tract? When you have a fever, its your immune system thats compromised. Probiotics can help reduce the risk of certain acute common infectious diseases and enhance immune system thats compromised. Probiotics can help reduce the risk of certain acute common infectious diseases and enhance immune system thats compromised. Probiotics can help reduce the risk of certain acute common infectious diseases and enhance immune system thats compromised.
lukewarm bath or sponge bath may help cool a fever. However, dont use cold baths, ice or alcohol rubs. These often make the situation worse by causing shivering. Adding Epsom salt and a few drops of peppermint essential oil to a bath can help soothe muscles and relax an aching body. 6. Dont Overdress How can you get
rid of fever chills? Dont 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 even make it go higher. Instead, try one layer of lightweight clothing and one lightweight blanket for sleep. The room should be at a comfortable temperature however, if the room is hot or
stuffy, a fan may help circulate the air. Should you take an over-the-counter fever reducer? If you feel the need to resort to medications after trying home remedies for a fever, try Tylenol or Motrin. Always call your doctor for any children under 3 months of age. A study published in the Italian Journal of Pediatrics shows that parents and caregivers all
too often resort to self-prescribed synthetic medications, such asacetaminophen, and over-dosage can sometimes occur. In fact, the study recommends that preventive action should be taken regarding the use of acetaminophen as an antipyretic drug in children in order to reduce the fever-phobia and self-prescription. Causes While many fevers are
caused by common infections, there are also various non-infectious causes of fevers. Most of the time, fevers arent very serious and stem from a virus thats short-lived. That doesnt mean you should ignore it. Physical activity, strong emotion, eating, heavy clothing, medications, high room temperature and high humidity can all increase body
temperature. Almost any infection can cause a fever, including bone infections, respiratory infections, sinus infections, and bacterial gastroenteritis. A child may have a low-grade fever for one or two days after some immunizations, and
teething may cause a slight increase in a childs temperature but usually not higher than 100F.A womans menstrual cycle can cause fevers, such as arthritis or connective tissue illnesses likerheumatoid arthritis and systemiclupus
erythematosus. Ulcerative colitis, Crohns disease, vasculitis or polyarteritis nodosa can affect temperature. The first symptom of a cancer may be a fever. This is especially true of Hodgkins disease, non-Hodgkins lymphoma and leukemia. Blood clots orthrombophlebitis may also cause fever. In addition, medications, such as someantibiotics,
symptoms, such as lethargy, fussiness, poor appetite, sore throat, cough, ear pain, vomiting anddiarrhea which are important to relay to your doctor. Its normal for any parent to worry when his or her baby has a fever, especially the first fever, but a fever isnt always dangerous for babies and children. According to University of Utah Health, Most
fevers between 100 and 104 are okay for sick kids. A child technically has a slight fever when her or his temperature is at or above one of these levels: 100.4F (37.2C) measured under the arm (axillary) An adult probably has a fever when the temperature is above
9999.5F (37.237.5C), depending on the time of day.Infections are by far the most common cause of fevers in children. Health experts estimate that more than 10 million mild infections and the common infectious
diseases of childhood, such as chickenpox. Some infections, caused by bacteria, may need special treatment. These include allergic reactions to drugs or vaccines,
chronic joint inflammation, some tumors, and gastrointestinal diseases. Simply overdressing a baby can cause a rise in temperature. Even though many older infants develop high fevers with minor illnesses, if a newborn has a fever infants develop high fevers with minor illnesses, if a newborn has a fever infants develop high fevers with minor illnesses, if a newborn has a fever infants develop high fevers with minor illnesses, if a newborn has a fever infants develop high fevers with minor illnesses, if a newborn has a fever infants develop high fevers with minor illnesses.
your child naturally? Some of the ways to reduce fever in adults may not be appropriate for babies and children. Experts recommend waiting and observing your childs symptoms and only heading to the doctor if the child seems very uncomfortable. Usually fevers only last two or three days with most viral illnesses. If they last longer, get your doctors
help. In the meantime, give your child time to rest, plenty of fluids, and Tylenol and Motrin if she seems uncomfortable. Another important thing to note is thatfebrile seizures are over quickly, and they dont mean your child has epilepsy. In fact,
they typically dont cause any lasting harm, but its still something you may want to get checked out with your doctor. When to Call the Doctor About a FeverIts important to know when you should call a doctor or get professional help for an adult or childwho has a fever. Here are some things to look for: Listless or uncomfortable, even after the fever
goes downFever symptoms come back after they had gone awayThe child does not make tears when cryingNo urination in the past eight hoursIf a child is younger than age 3 months and has a fever of 102.2 F (39 C) or higher, or is under age 2 and has a fever that lasts longer
than 48 hoursAnyone who has a fever over 105 F (40.5 C), unless the fever comes down readily with treatmentHas had fevers come and go for up to a week or more, even if theyre not very highHas other symptoms that suggest an illness may need to be treated, such as a sore throat, earache, diarrhea, nausea, vomiting or a coughHas a serious medical
 illness, such as a heart problem, sickle cell anemia, diabetes orcystic fibrosisRecently had an immunizationCall 9-1-1 if a fever is accompanied by issues like severe crying in children, confusion, inability to walk, strong headaches, blue lips, a very stiff neck, a sudden rash or a seizure. Final ThoughtsMost doctors consider a temperature higher than
100.4 degrees as a sign of a fever. A fever is most often a defense that the body provides against infection so its actually a good thing. Fevers are generally harmless and can actually be considered a good sign that your immune system is working properly and that the body is trying to heal itself. Most fevers result from infections, though not
always. Here are some tips on how to get rid of a fever: Rest is key, drink plenty of fluids, eat mild and bland foods, consume probiotics, take a lukewarm bath, and dont over-dress. Sweating out a fever last in adults? Usually several days, rarely more
than three to five. Children will also usually overcome a fever within a few days. You can help bring down a fever with simple at-home remedies like rest, fluids, a lukewarm bath, and other cooling methods. Over-the-counter medications can also quickly treat a fever for several hours. But you should be careful to read labels closely so you don't
overmedicate. Reducing your fever can help safely and quickly reduce related symptoms like headache, chills, and sweats. Paul Bradbury / Getty Images If you or your child has a fever, rest is important. Any activity can raise your temperature. A fever is a sign that your body is fighting off an infection. Not wasting energy on unnecessary activities
allows the body to direct all of its efforts toward the task at hand. Drinking plenty of fluids is necessary to avoid dehydration. Vomiting and decreased appetite are common during infections and illnesses tooand this can further increase the risk of dehydration. Severe dehydration
during a fever can lead to: Drinking chilled fluids can also help bring down a fever. Water and sports drinks are good choices. A lukewarm, not hot, bath can help reduce a fever and relax you so you can sleep better. Be sure to get out of the tub once the water starts to cool. Avoid taking a cold bath or shower, and avoid using ice. A cold bath may
sound like a good idea if you're burning up, but it can cause shivering that can increaserather than decreasecore body temperature. Also, shivering consumes calories, which can make you exhausted if you aren't eating well due to illness. When you have a fever, it can help to stay in a cool environment. Keep the temperature in the room low and wear
loose-fitting clothes made of a light, breathable fabric. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat. If you're experiencing chills, it's okay to rest under your bed covers or wrap up in a blanket, but be careful not to overheat.
is very high, a better approach may be to place a cold pack under the armpit or in the groin area where there are larger blood vessels. Be sure to: Wrap the cold pack around constantly to avoid frostbite. Don't use a cold pack on babies or
small children who can't tell you when it feels too cold. An antipyretic is a type of drug used to reduce fever and can make you feel better for four to eight hours. Many can be purchased over the counter, including Tylenol (acetaminophen) and nonsteroidal anti-inflammatory drugs (NSAIDs) like Advil
(ibuprofen). Most over-the-counter antipyretics can be used in adults and children, but doses will vary. If a child under 3 months of age has a fever, contact a pediatrician or a healthcare provider who specializes in the care of children before using any fever medication. Tylenol can be used in children as small as 24 pounds in weight, while Advil can be
given to children 6 months or older. Unless your healthcare provider tells you otherwise, aspirin should be avoided in children and teens because it can lead to a potentially deadly condition known as Reye's syndrome. In addition to avoiding cold baths or showers, there are other things you should never do when you have a high fever. Alcohol
rubdowns: An alcohol rubdown involves rubbing the body in isopropylalcohol (a.k.a. "rubbing alcohol"), which provides a cooling sensation as it evaporates. This remedy actually does nothing to reduce fever and may cause shivers. Even worse, the practice can lead to alcohol poisoning as the alcohol is absorbed through the skin. Overmedicating
Taking high doses of fever medicationsor taking them more offective. But, it will increase the risk of side effects. Taking high doses of NSAIDs can lead to stomach upset and gastric bleeding. Taking too much Tylenol can harm the liver. Overlooking product labels: Before using any medication, be sure to
read the product label. This is especially true with multi-symptom cold and flu remedies that often contain acetaminophen or ibuprofen. Taking a separate dose of either of these drugs used to reduce inflammation. Aspirin
is the most common example. Cold and flu remedies containing this type of drug should be used with extreme caution in children and teens due to the risk of Reye's syndrome. A fever can be particularly scary. You may be unsure if it's time to get emergency medical attention or if it's okay to wait and see
how things progress. In the end, the rules vary by age group. Regardless, though, seek medical treatment if a fever is accompanied by severe headache, difficulty breathing, or other concern. It's always best to contact your child's
pediatrician if you aren't sure whether their fever needs treatment, especially if they are under the age of 2 years. For adults, a fever of 103 degrees F that does not respond to medication should be evaluated by a healthcare provider. Seek immediate care if you also have symptoms such as: Fevers in children are common. There is usually no cause for
alarm as long as the child's behavior is normal. A fever over 103 degrees F should prompt a call to the pediatrician. You should seek immediate care if: The fever has lasted more than four or five days. The child is less responsive than usual or has poor eye contact with you. The fever is accompanied by severe headache, fatigue, vomiting, or other
troubling symptomsThe child has a fever after having been left in a hot car. For infants and babies, an unexplained fever is always a concern. Seek immediate care if an infant younger than 3 months of age develops any fever, the child is not acting like themselves, or you are otherwise concerned. A few guidelines: In infants under 3 months old, a
temperature over 100.3 degrees F should be treated right away. In children between 3 months and 2 years old, a fever greater than 102.2 degrees F warrants a call to the pediatrician. If in doubt as to whether a fever is dangerously high or not, always err on the side of caution and either call a healthcare provider or visit the nearest urgent care
center or emergency room. Fever can be treated with over-the-counter drugs like Tylenol or Advil, lukewarm baths, and plenty of fluids. You can consider using cold baths, alcohol rubdowns, or more than the prescribed dose of any fever medication. Aspirin should not be used for children or teens due
to the risk of Reye's syndrome. Knowing when it is time to call a healthcare provider can be confusing since the rules vary by a person's age. If in doubt, seek medical advice to be on the safe side. Adults Children Symptoms When it is time to call a healthcare provider can be confusing since the rules vary by a person's age. If in doubt, seek medical advice to be on the safe side. Adults Children Symptoms When it is time to call a healthcare provider can be confusing since the rules vary by a person's age. If in doubt, seek medical advice to be on the safe side. Adults Children Symptoms When it is time to call a healthcare provider can be confusing since the rules vary by a person's age. If in doubt, seek medical advice to be on the safe side. Adults Children Symptoms When it is time to call a healthcare provider can be confusing since the rules vary by a person's age. If in doubt, seek medical advice to be on the safe side. Adults Children Symptoms When it is time to call a healthcare provider can be confusing since the rules vary by a person's age. If in doubt, seek medical advice to be on the safe side. Adults Children Symptoms When it is time to call a healthcare provider can be confusing since the rules vary by a person of the rules of the rules vary by a person of the 
may require medical attention. Remedies to reduce fever may vary for adults and children. Fever occurs when a persons body temperature rises above the normal range. Infection is the most common cause of fever. In fact, developing a fever is the bodys way of helping fight off the infection. Some other causes include inflammatory conditions, certain
cancers, and reactions to drugs or vaccines. However, there are many ways to treat a fever at home and effective fever home remedies for people of all ages. There are several things an adult can do to feel more comfortable when they have a fever, the body needs to use more water to
compensate for its elevated temperature. This can lead to dehydration. Drinking water or an electrolyte replacement drink can help rehydrate the body. Fighting an infection takes a lot of energy. People should rest as much as possible to help the body recover. Many people consider taking a cold bath when they have a fever. However, doing so can
cause shivering, which will increase body temperature even more. Instead, people can take a lukewarm or tepid bath to help the body cool off. A bath can also help soothe tired muscles. Medications are not usually necessary to treat a fever. However, some over-the-counter (OTC) medications can help reduce a fever and make a person feel more
comfortable. These medications include:ibuprofenacetaminophennaproxenHaving a fever can cause a person to feel hot one minute and cold the next. Wearing too many layers and add more if they start to feel cold. The treatments for fever in children are
very similar to those for adults. However, there are a few subtle differences. For example, to treat a fever, children and infants should try: Like adults, children with a fever also need plenty of fluids. However, it can be difficult to get young children with a fever also need plenty of fluids. However, it can be difficult to get young children with a fever also need plenty of fluids. However, it can be difficult to get young children with a fever also need plenty of fluids.
jellodiluted fruit juiceChildren may feel better after taking OTC medications. As a result, they may feel more energetic and playful. However, it is important to ensure that children rest until the fever or illness has passed. If a child cannot sleep or relax, parents and caregivers can try reading them a story or playing them some gentle music. Children are
unlikely to appreciate bathing when they are sick. An alternative option is to place a warm washcloth on the childs forehead to help soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever. People should never apply rubbing alcohol to a childs skin in an attempt to soothe a fever.
child with fever. However, taking OTC medications can help reduce a fever and make a child feel more comfortable. One drug that is suitable for use even in very young infants. However, the Food and Drug
Administration (FDA) do not supply dosage instructions for acetaminophen in children under 2 years of age. People who wish to treat a young infant should ask their doctors or pharmacists advice on appropriate dosages. Ibuprofen is also not suitable for children with asthma. The average body temperature is around 98.6F (37C). However, body
temperature fluctuates naturally throughout the day, especially with physical activity. A low grade fever occurs when a persons body temperature exceeds 104F (40C). Aside from a higher body temperature, a person with a fever may also
experience:sweatingchillsheadachemuscle achesloss of appetitefatiguelethargySymptoms of a febrile seizure include:twitchingeye rollingstiffness in the arms or legsconvulsionsloss of consciousnessFebrile seizure is more
likely to have them again in future. People should be sure to see a doctor if they or their child experience a very high or persistent fever that does not respond to medication. It is also important to seek medical attention if the fever is accompanied by any of the following symptoms: stiffness or pain in the necksensitivity to
lightrashdehydrationseizureThese symptoms could indicate a more serious infection, such as meningitis. The threshold for seeking medical treatment for a child who: is under 3 months old and has a fever of 100.4F (38C) or higheris 36
months old and has a temperature of 102.2F (39C) or higherhas a fever that has lasted for longer than 5 dayshas other signs of illness, such as a rashhas symptoms of dehydration, such as sunken eyes, a lack of tears when crying, or nappies that are not very wetis not eating and seems generally unwellFever is a common symptom of infection and
inflammation. In most cases, a person can help soothe a fever at home. A fever does not usually require medical treatment. However, taking OTC medications can lower a persons body temperature and help them feel more comfortable. It is important to remember that some medications are not suitable for children under certain ages. Always check
appropriate treatments and dosages with a doctor or pharmacist before administering them to a child or infant. A person should see a doctor if they or their child experience a high or persistent fever that does not respond to medication. A fever that is accompanied by more serious signs of illness also requires medical attention. Read the article in
Spanish. Fever can drain your and may also lead to other health complications. High body temperatures are also fatal, and you must act quickly in case you start burning up due to an infection or any other underlying ailment. Although going to a doctor is a must, there is also a slew of natural remedies and ingredients that you can use to treat your
fever at home. But again, it is advised that you first consult your general physician before to ensure the treatment you use is safe and does not coincide with other health complications. On the other hand, some believe that a mild fever can be useful for your health and can help you fight infections whereas an old myth claims that high fever can
severely affect your sense of hearing. However, you need to get better treatment to break your fever and normalize your temperature. And there are various quick and useful ways to treat a fever in a short time span. 1. Bone BrothBone broth becomes a powerhouse of nutrients when you prepare it with various herbs and spices. Consuming freshly
made chicken soup when you are down with fever is one of the oldest and most followed remedies throughout the world. It does not only provide nutrients to your body but speeds up the recovery process as well. Bone broth prepared with chicken strengthens white blood cells allowing them it fight microbes. The next time when you fall prey to fever,
make yourself a bowl of aromatic chicken broth to get rid of your ailment quickly and effectively.2. Apple Cider VinegarApple cider vinegar could become a safe source when it comes to treating a fever using natural remedies. However, it is not advised to ingest apple cider vinegar when you have a fever. Instead what you can do is soak a washcloth in
a concoction made of water and apple cider vinegar and place it on your forehead. Also, wrap the soaked washcloth around the soles of your feet to quickly drop your overall temperature. Adding half a cup of apple cider vinegar to a bathing tab can help reduce the intensity of fever as well. 3. TurmericThe spice is often regarded as a queen of spices
due to the jaw-dropping health benefits associated with it. One of which is combating fever. Turmeric contains an active compound possesses the potential to destroy microorganisms that contribute to increasing your bodys temperature to mild and dangerous levels. You can prepare a drink with a small portion of
turmeric powder with a warm glass of water. Or dilute a teaspoon of powdered turmeric in a warm cup of milk to decrease your temperature. 4. Garlic works
well whether you opt for it for culinary or medicinal uses. It contains plenty of essential components including antiseptic and boil it in one cup of water for 10 minutes. You should consume it at least once a day until you fully
recovered.5. Sandalwood PowderSandalwood contains healing and soothing properties. It has remained a significant part of traditional remedies for centuries to treat various major and minor health ailments including fever. Moreover, sandalwood is a versatile herb and can be used externally as a topical cream, and you can also ingest it however,
consult with your general physician first. It is also helpful to relieve stress, a headache, and drowsiness which a high fever often brings. A handy way to consume it is to boil a cup of water with a teaspoon of powdered sandalwood. You can incorporate a small portion of honey to add flavor to the concoction. Consume it twice a day to get instant
results.6. Peppermint TeaYou can also break your fever by drinking peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could become an aromatic and delicious way to treating yourself even when suffering from a fever. Peppermint tea. It could be a few for the fever when the fever was a few for the few for 
ingredients together for 10 minutes. Pour it into a cup and consume the tea twice a day for rapid results. 7. Oregano is said to be a useful source to alleviate fever. The herb can impede the growth and spread of microorganisms which contribute to the
 condition. You can make a beverage using oregano and start drinking it whenever you come down with a fever.IngredientsCrushed oregano one tablespoon cup orange juice and give it a nice mix. Consume this delicious concoction at least once a day to ge
rid of your fever in a short time span.8. Basil TeaBasil leaves are a storehouse of antipyretic components, which reduce high temperatures and restore your drained health. Dried basil leaves are a storehouse of antipyretic components, which reduce high temperatures and restore your drained health. Dried basil leaves have always remained a part of herbal medicine to treat various diseases. Basil read your drained health. Dried basil leaves have always remained a part of herbal medicine to treat various diseases. Basil read your drained health. Dried basil leaves have always remained a part of herbal medicine to treat various diseases.
benefits. Ingredients 20 basil leaves One tablespoon crushed ginger 1 cup water teaspoon Honey Method Boil basil leaves in water for good 10 minutes. Strain and pour this tea into a cup. Mix honey in it and treat your fever with this effective tea. 9. Raisins You wont believe that munching on a handful of
raisins can reduce your bodys temperature. Moreover, raisins are packed with phenolic content, which is potent enough to ward off bacteria and viruses from your system. You can reap plenty of antioxidants from raisins which are essential to strengthen your fever
at bay.10. Increase Fluid IntakeThere could be various reasons that can lead you to develop a fever. However, make sure you drink plenty of water and juices to reduce your bodys temperature. You can sip on some fresh orange juice as well to combat the effects of microbes. Consuming distinctive teas can also help in this context. In most cases, fever
makes you sweat, which is why you need to keep your body hydrated to regain lost minerals.11. Cold Water TherapyAn ancient yet effective remedy is to treat a fever with cold water and gently rub it
particularly on feet, palm, armpits, and neck. It will help reduce high fever overnight. Home remedies do not contain adverse effects. Despite that, it is advised to visit your health, an individual or child is considered feverish when his body temperature rises more
than 37.5 degree Celsius or 99.5 degrees Fahrenheit. Actually, fever is a symptom of an infection or illness. When our body is attacked by any virus or bacteria, our defense system increases the temperature to create an environment unstainable for infection to grow. Fever comes down on its own once the virus or bacteria dies. But if you or your kid, is
having high temperature more than 101 degrees, then consult a doctor immediately. Because it can be an indication of serious infection or undergoing illness. Apart from that you can try some home remedies to boost up the immune system and decrease the temperature. How to Get Rid of Fever with Home Remedies we have compiled a list of natural
solutions using different ingredients to treat fever at home. Choose any remedy as per your preference and try it regularly until the fever reduces.1. Cool CompressThe coolness draws out the temperature and keeps it under control. This remedy is effective for treating mild to high fever. Soak a washcloth in cool tap water. Wring out the excess and rub
the armpits, feet, hands and groin. Again, soak the washcloth and wring out the excess. Place it on the forehead and let it stay for some time. Repeat the application of washcloth on forehead for several times in a day. Note: Dont use chilled ice water for this process. 2. Apple Cider Vinegar Apple cider vinegar draws out the heat from body. It balances
your pH value and heals the fever quickly. It is rich minerals, so it restores the lost minerals and keeps you hydrated. This process is effective for both adults and children. Combine equal amounts of apple cider vinegar and water. Mix well and soak a pair of socks in it. Wring out the excess and wear the socks on your feet. Let them dry naturally and
then re-soak them in the mixture. Wring out and wear them again. Repeat the process as many times as you can in a day. Alternative: Add a cup of apple contains many beneficial nutrients, vitamins and minerals which are helpful to get back the energy
lost. It contains pectin, which has significant metabolic effect. Take 3 fresh apples becomes mushy. Remove from the heat and strain it. Let the liquid cool down to room temperature. Stir in some
honey and drink it. Repeat the process regularly to get relief from fever. 4. Cream of Tartar Cream of tartar, 1/2 teaspoon lemon juice, 1/2 cup of warm water
and 1/2 teaspoon of honey. Combine all the ingredients until it forms a foamy solution. Process continuously to get rid of fever. 5. BasilBasil is an Ayurvedic herbal remedy for treating fever. It contains anti-inflammatory properties. Process 1: With CardamomBring 1/2 liter of water
to boil.Add few basil leaves and a pinch of cardamom powder. Simmer until it reduces to half of its total volume. Remove from the flame, add sugar and milk. Mix well and drink it. Repeat the process once in 2.3 hours to get relief from fever. Process 2: With Black pepper. Combine 1 teaspoon of basil powder and 1/4 teaspoon of black pepper. Add it to a
cup of hot water and let it steep for few minutes. Add honey for taste and drink it. Drink this tea for 2 -3 times a day until you get relief from fever. 6. GarlicGarlic contains antiviral properties which deal with the virus causing
fever.Add garlic clove (minced) to a cup of hot water. Allow this to steep for about 10 15 minutes strain and slowly sip the liquid. Repeat the process 2 times in a day to get rid of fever and fever blisters. 7. OreganoOregano acts as stimulant which helps to reduce fever. It contains vitamin C which helps to boost up your immune system and speed up the
healing process. Combine 1 teaspoon each of oregano and marjoram. Add them to pint of boiling water and let it steep for 20 minutes. Strain and consume it. Repeat the process for a couple of times in a day for quick relief. Note: Left over tea can be stored in refrigerator for future use. 8. Raisins Raisins are rich in vitamins, minerals, electrolytes and anti-
oxidants which boost the immune system. This helps to get a faster relief from fever. Take 3/4 cup of chopped raisins and add it to 7 1/2 cups of waterBring the mixture to boil and simmer until it reduces to 1/3 cup. Remove from the flame and allow it to cool for few minutes. Consume while it is still lukewarm. Repeat the process several times a day.9.
Angelica RootAngelina root heals the fever by inducing sweating. This process is helpful for treating fever, body aches and cough. Chop an angelica root into small pieces. Add them into a cup of water and let it steep for few minutes. Strain and allow the tea to cool down. Add some honey into it and consume it. Follow the process regularly to get quick
relief from fever.10. Lettuce Lettuce makes the body hydrated which helps to reduce and control the temperature. It also helps to get better sleep without any disturbance. Chop the head of a lettuce and place it on a bowl. Pour a pint of boiling water over the head of the lettuce. Let it steep for 15 minutes and add some honey to it. Stir well and consume
it.Repeat the process regularly to reduce the body temperature. It also helps to reduce the body temperature and add it to a cup of boiling water. Stir and Let it steep for 15 minutes. Strain the
tea and drink it. Consume the elderflower tea 3 times in a day to get relief from fever and cold. 12. GingerGinger reduces body temperature quickly by inducing sweat. It contains antibacterial, anti-inflammatory and antiviral properties which deal with infections causing fever. This process is helpful for treating fever and sore throat. Grate 1 inch piece
of ginger. Add it to a cup of hot water and let it steep for few minutes. Strain and drink while it is still lukewarm. Repeat the process 2 3 times in a day. 13. MintThe cooling and soothing property of mint keeps your internal system cool which helps to reduce the body temperature quickly. It helps to draw out the excess heat from the body. Into 2 cups of
water, add a handful of mint leaves, 1 1/2 teaspoon of black pepper and 1 teaspoon of ginger powder. Bring the mixture to boil and simmer until it reduces to half. Remove from the flame and strain it. Divide it into 3 equal halves and drink 3 times in a day. Repeat the process daily until you recover completely. 14. Egg White Egg white works like a cool
gel which absorbs the heat quickly. Within a matter of 30 minutes, egg white can draw the temperature from head to feet. Separate egg white for a minute and soak a think handkerchief in it. Place the soaked handkerchief on the feet. Wear socks to secure the poultice. Once the socks dry, replace with a new one. Repeat
the process until the fever reduces 15. Turmeric Contains potent antiviral and antioxidant properties which help to strengthen the immune system. It prevents any complications and reduces the fever duration. Combine 1 1/2 teaspoon of turmeric powder and 1/4 teaspoon of black pepper powder. Add the mixture into a
cup of hot milk. Mix well and drink it 2 times in a day to get rid of fever. 16. Sandalwood bring down the body as well as mind. This process is very effective in dealing with both fever and headache. Combine 1 1/2 teaspoon of sandalwood
powder and water to make a paste. Slater a thin layer of the paste on the forehead. Let it dry completely and rinse off with water. Repeat the process several times in a day to get relief from headache. 17. PotatoPotato is very helpful in reducing the temperature and other discomforts caused by fever. This process is very effective for fever during
pregnancy. Slice a potato and soak them in enough amounts of vinegar for 10 minutes. Lie down and place the slices on the forehead. Place a washcloth on top of the potato slices. Leave it on for 20 minutes and remove. Repeat the process 2 times in a day to reduce the body temperature. 18. Homemade Freezer Pops for FeverThis DIY fever solution is
very effective in reducing fever in kids. This recipe for fever includes many herbs and a smoothie mix which supports their immune system and keeps them hydrated. Combine 1/3 ounce each of elder flowers, dried rosehips and dried peppermint. Add them to quart jar and fill jar till the bottom ring of it. Cover and let your jar aside for 30 minutes to 4
hours. The longer the better. Strain and squeeze all the liquid from the herbs. Add 1 tablespoons of honey into it and mix well. Into a blender, add 1/2 cup yogurt, 1/4 cup herbal infusion, 2 bananas and 3 4 large organic strawberries. Blend well to make a smoothie. Pour the mixture into popsicles molds and freeze. Once set, give your kids as many
popsicles as he wants. Note: If you don't have time to freeze them, then you can serve it as a smoothie to your kids. You can store the remaining herbal infusion for later use. 19. Coriander TeaCoriander seeds contain phytonutrients and vitamins which boost the immune system. It contains antibiotic compounds and potent oils, which acts as an effective
solution to combat viral fever. Add a teaspoon of coriander seeds into a glass of water. Boil the mixture for few minutes and remove from the flame. Strain and add some milk as well as sugar. Slowly sip the tea while it is lukewarm. Repeat the process 2 3 times in a day to get relief. 20. Dill Seeds Decoction This decoction strengthens the immune system,
relaxes the body and reduces the body temperature. It contains powerful antimicrobial properties which are helpful in relieving fever. Roast 1 tablespoon of dill seeds, 2 tablespoons of peppercorns and 1 teaspoon of kalonji. Add the mixture to a cup of water and boil it for 10 minutes. Remove from the flame and strain it. Add a pinch of coriander powder
and drink it warm. Repeat the process regularly. 21. Rice StarchThis is one of the common ancient home remedies to treat viral fever. This traditional remedy acts like a natural diuretic agent, which increases urination and boosts the immune system. Apart from that, it also nourishes the body. To a cup of rice, add 1 1/2 cup of water. Once the rice is
half-cooked, strain the liquid. Pour the liquid into a glass and add a pinch of salt. Mix well and drink it while lukewarm. Repeat the process few times in a day to combat viral fever and diosgenin. They help to reduce fever and viral
infection associated with it. Soak 1 tablespoon of fenugreek seeds in 1/2 cup of water overnight. In the morning, strain the solution and sip at regular intervals. For added taste, you can add lemon juice and honey. Repeat the process regularly. 23. Blackberry remedy mentioned below regains the lost strength, replenishes nutrients and
prevents anemia which are often caused due to fever. Though this process requires 3 4 days for preparation, it provides extraordinary results. Combine 1 pound of blackberries and 1 cup of sugar and bring
the mixture to boil. Remove from the flame and store in refrigerator. Drink 1 2 tablespoons of mixture 2 times in a day. Note: The mixture stays edible for 3 4 days if refrigerated. 24. LemonLemons excellent detoxification properties are helpful for treating fever. It helps to eliminate the toxins from the body. Its antihistamines cure fever caused due to
allergies. Into a glass of warm water, add 1 teaspoon each of lemon juice and honey. Mix well and consume it. Repeat the process 2 3 times in a day. 25. Herbal Decoction for FeverThe herbs used in this process promote sweating and hydrates the body. They help to alleviate the fever symptoms. Chop 1 onion and 1 inch ginger into small pieces. Bring 1
1/2 cup of water to boil. Now, add 1 teaspoon of turmeric, few lemon grass stalks, 5 6 basil leaves, 1/2 teaspoon black pepper, ginger pieces and onion pieces. Simmer for few minutes until the quantity reduces to half. Strain and consume the herbal decoction. For taste, you can add honey. Repeat the process 2 times in a day until fever reduces. Other
Effective Methods for Reducing Fever. Ook artichokes until soft and eat the bottom of them to reduce fever. Place an onion on the bottom of the feet and wear socks. Leave it
overnight and remove in the morning. Combine 1/2 cup of grapefruit juice and 1/2 cup of water. Drink it to prevent dehydration caused by fever. Add 1/2 teaspoon of pure saffron in boiling water. Consume teaspoon of the mixture once in a hour till the fever reduces. Dietary Tips While Suffering From FeverDrink plenty of fluids when you are suffering
from fever. Include water, soups, juices and jelly to increase fluid intake and stay hydrated. Usually fever leads to loss of appetite, so dont force people to feed the patient. When the patient feels hungry, feed them boiled or steam veggies, chicken broth and fresh fruits. Barley water, soft boiled rice or small amounts of milk can be consumed along the
day. Whole wheat bread or whole grain crackers can be added in small quantities. Avoid having fever and further lead to indigestion and vomiting. When to See a Doctor While Suffering from FeverIn few cases (both adults and children), it is better to
consult a doctor immediately. Here are few situations another serious medical condition Pain during urination Immune system disorder Cannot wake up from sleep Has seizure If nails turn into blue
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colorIf disoriented and confusedTips and Precautions: Have a bath with cool your body temperature. Always try to stay at indoors and take enough rest until the fever reduces. Wash your hands frequently and thoroughly when you are suffering from fever, especially before eating and after going to toilets. Vitamin C rich foods or supplements. Have you tried treating fever at home? Do you have any other remedy that works better than the above mentioned? Share your experience and queries in the comment section below. Wear loose, comfortable clothes when you have a fever last longer. Try a layer

ightweight clothing, and one lightweight blanket or sheet for sleep. Natural fibers, such as cotton, bamboo, or silk, often breath ebetter than manmade fibers like 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 representations, characteristics, claims and the properature of the control of t	the n s it e s i
thing, 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 youd like to shart 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, e 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. tead, 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 or head of your pediatrician at the Children's Hospital of Wisconsin, where she is on the Clinical Practice.	nes
h a fever, but always check with your pediatrician first on proper dosage. Co-authored by: Board Certified Pediatrician This article was 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 uncil. She received her M.D. from the Medical College of Wisconsin School of Medicine in 1995 and completed her residency at the Medical Writers Association and the Society for Pediatric Urgent Care. This article has been viewed 5,550,870 times. Co-authors 5 Updated: March 25, 2025 Views:5,550,870 Categories: Featured Articles Fever Care Medical Disclaimer The content of this article is not intended to be a substitute for professional diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or print prints of the substitute for professional period and intended to be a substitute for professional diagnosis, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should always contact your doctor or other qualified healthcare professional before starting, changing, or treatment. You should healthcare professional medical advice, examination, diagnosis, or	s: or , es,
Infection. It could be viral, like the flu or a cold, bacterial, like strep throat or a UTI, or even fungal. Inflammatory response. Medications: Fever might be a side effect of any drug that causes a fever. Heat exhaustion: Sometimes, being in a hot vironment 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 being 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 appears that dont allow you to be at peace. But don't 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 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 antiviral, antibacterial, and anti-inflammatory properties, it helps reduce fever. How to Make It: Mix 1 spoon of honey with teaspoon of cinnamon. Stir it well and consume it to make It. Mix 1 spoon of honey with teaspoon of cinnamon. Stir it well and consume it to make It.	h for two
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 had imicrobial 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 ibacterial 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. Turme potential and 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 eating, 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 the power. 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.	
re's what you should eat when you have a fever: Clear soups and broths- Soups are easy to digest results. When you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated, relieving the fever and sickness. Lemon and help keep you hydrated proper hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydrated with relieving the fever in help keep you hydrated, relieving the fever and sickness. Lemon and in help keep you hydr	S
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Os 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 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 and support your immune system. 4. How to use garlic for a fever? Garlic has natural antibacterial properties. It helps to reduce fever and support your immune system. 4. How to use garlic for a fever? Garlic has natural antibacterial properties. It helps to reduce fever and support your immune system. 4. How to use garlic for a fever? Garlic has natural antibacterial properties. 5. Can I drink ORS when I have a fever? Yes, you can consume it raw, add it to your floods, or make garlic for a fever? Garlic has natural antibacterial properties. 5. Can I drink ORS when I have to your immune system and support your immune system in your i	ood ORS d y in e er.
thod 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 tofight 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 fyopen 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 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 Immune system to help you get better faster. Elderflowers, catnip (gentle choice for children), yarrow, white willow bark, Echinacea, and lemon good options to have on hand to give your immune 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 coll) bath and soak (10-15 minutes for children and 20-30 minutes for children and 20-30 minutes for adults). 6. Apple Cider legar 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 (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 (1 part vinegar to 2 parts water) and cause sweating. Lavender, thyme, rosemary, eucalyptus, and sage oils also help to provide s	are one
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