



# One Medicine Integrative Health

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## How to Support a Fever

Fevers are one of the key ways your body fights infection. Many viruses cannot tolerate the elevated temperature, and the fever increases your metabolic rate, allowing your white blood cells to work faster. Suppressing a fever works against the natural responses of your body and may impair your immune system over time.

- **It is essential to have a thermometer on hand**—no-touch digital thermometers are handy but occasionally require new batteries.
- Fevers typically are lower in the morning and rise in the afternoon and evening, so measure the temperature 3 times a day and record it.
- Fevers cause sweating which is dehydrating so be sure to drink lots of warm water and herbal tea (2 quarts per day). It helps to make tea and put it in a thermos for use at the bedside. Do not drink cold or sugary drinks.
- Stay warm and take hot baths daily, wrapping up afterwards and going to bed to sweat it out. Change pajamas after sweating (and sheets if necessary).
- Call our office for support if your fever gets to 102° F
- If you live alone, please call the office if your fever gets to 101°F
- If the fever gets past 102°F the following measures can be taken to cool the person down:
  - Place a cool cloth on the forehead and at the base of the head in back
  - Get into a warm (tepid) but not hot bath
  - NEVER get into a cold bath to bring down a fever
  - Drink tepid drinks, not cold drinks
  - Do not attempt to bring the fever down more than 1 degree.
- **Do not suppress the fever** with Aspirin, Tylenol, Ibuprofen or other NSAIDS unless it goes up to 104° F. Usually the above instructions are enough to moderate the temperature.
- **Muscle pain:** If there is muscle pain with the fever, you may use homeopathic and herbal support. Call us for assistance with this.