

What to know and when to get help

More than likely, you've experienced a fever at some point in your lifetime. A fever by itself is not an illness. It is most commonly a symptom of an underlying issue. It's important to be familiar with the basic signs and symptoms. Please reference the guidelines below to track the severity of your condition.

*Note: These recommendations are for adults, not infants and young children.



Manage your symptoms by:

- Taking over-the-counter pain medication
- Drinking plenty of fluids



Contact your doctor if you have:

If you cannot reach your doctor in 24 hours, please visit a walk-in clinic.

- Fever 101°F (38°C) or above lasting longer than 3 days
- Fever greater than 101°F (38.3°C) and diabetes, cancer, take steroids, are pregnant or have heart, kidney, lung or liver disease



Go to the ER or dial 911 if you have:

- Fever greater than 104°F (40°C) that does not respond to fever-reducing measures

*If you are experiencing a life-threatening emergency, go directly to the ER or dial 911.