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## FEVER !!!

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1. Fever is a symptom, and not a disease- fear not the fever, but be careful about the cause
2. The commonest fevers are 'viral fevers' which do not require multiple medications or various tests.,
3. Most viral fevers take 3-5 days to recover.
4. Even paracetamol, the simplest remedy for fevers should preferably be taken according to the doctors advice.
5. Supportive care, whether in hospital, or at home, will help you to improve much faster, and feel much less fatigue after the fever comes down. Supportive care includes
  - a. steady intake of warm oral fluids eg thick kanji water with salt , lime juice, tender coconut water, in preference to black tea, black coffee, jeera water, etc
  - b. continuous intake of small frequent portions of warm, well cooked soft ,nutritious food, and locally available fruits.
  - c. Rest till totally symptom free, as it will help you to recover faster, and also prevent spread of the fever to others.
6. Do not compel the doctors to give you injections/ iv drips for fever treatment, as these are not always essential. They can also cause unwanted side effects like shivering, pain, dizziness, or dangerous reactions
7. Injections do not work faster or better than oral paracetamol
8. When to report to hospital after starting treatment
  - a. not improving in the expected time
  - b. getting worse in spite of good treatment *and* supportive care
  - c. Onset of unusual symptoms like rash, fits, bleeding from any site, jaundice, reduced quantity of urine, breathing difficulty, and altered behaviour etc.
  - d. Not able to take food.
9. Self medication is a dangerous habit. Over the counter medication is to be avoided.
10. Covering the nose and mouth while coughing or sneezing, and washing your hands often with soap and water, will reduce the spread of many viral fevers, and respiratory infections to others at home.

### Some danger signs in a patient with fever

Rash  
Fits  
Bleeding from any site  
Jaundice  
Reduced quantity of urine  
Breathing difficulty  
Altered behaviour etc.