Fever Information

Fever refers to an elevation in body temperature. The only way to know with certainty if you have a fever is by measuring your temperature with a thermometer.

Small, portable, as well as accurate digital thermometers can be purchased for less than $9 at most drug stores.

It is highly recommended that all students have their own thermometer for personal use. We advise against sharing thermometers. Sharing thermometers may spread disease.

Though any viral illness may cause a person to feel warm, in most cases a fever is not present.

Though it is often quoted that a normal body temperature is 98.6 degrees Fahrenheit (37 degrees Celsius), in reality our temperatures fluctuate throughout the day. A woman’s body temperatures will exhibit variations through the month due to their menstrual cycle.

A fever is defined as a temperature measured of 100.4 F (38 C) or higher. A significant fever is defined as one above 102 F (38.9 C).

In most cases the cause of a fever is an infection (viral or bacterial).

With the exception of young children a fever itself is not necessarily harmful and may be beneficial to illness resolution.

Most medical authorities advise treating a fever only if it causes significant discomfort.

Young children with fever may be at risk for febrile seizures—this is extremely unlikely in young adults.