Do's & Don'ts in Fever Management



- Normal body temperature is 98.6 degree Fahrenheit, if the fever is high or persistent, do visit your Doctor
- ✓ Slightly warm or sponge bath can be taken
- ✓ Drink lots of fluid to avoid dehydration
- √ Take enough rest
- √ Keep the house well ventilated

⋈ Don'ts

- Do not self-medicate
- Do not increase heat by covering body with heavy blankets.
- Do not adjust the doses by yourself

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