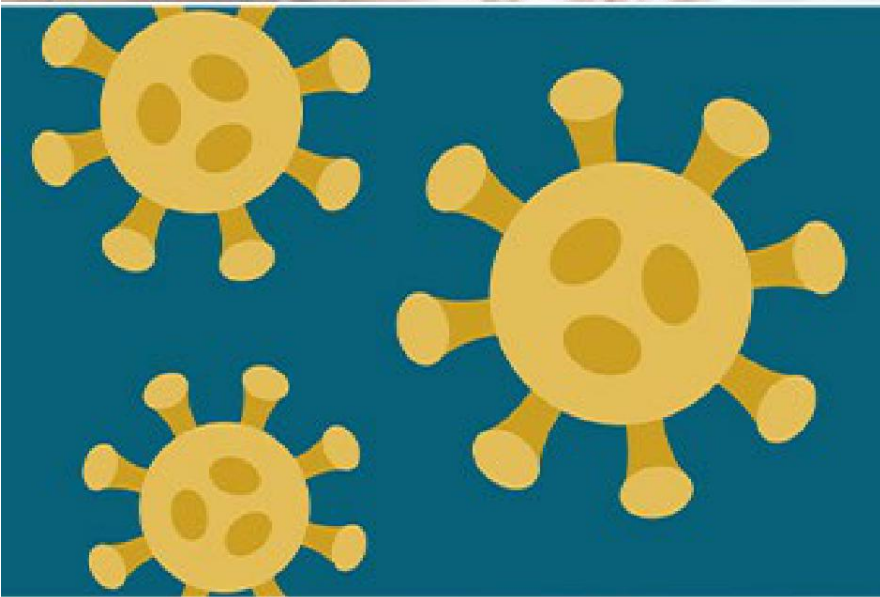




## Fever



### Overview

You're sick, and the thermometer says your body is warmer than it should be. You have a fever. But have you ever wondered just what a fever is? How do we get fevers, and why?

### Fighting germs with heat

First, it helps to think of your body like a house with a thermostat. It doesn't matter if it's a hot day or a cold one. On the inside, healthy bodies keep the same temperature. But germs enjoy this temperature, too. So when they get inside you, your body tries to get rid of them by turning up the thermostat. This heats up your body. And that's a fever.

### Are fevers bad?

Even though it makes you feel hot and uncomfortable, the fever is a sign your body is fighting germs. So in most cases, it's not a bad thing. But if your fever gets too high, it can cause problems.

### Treating a fever

How do we treat a fever? We'll watch it by using a thermometer to take your temperature. If it's not too high, you'll rest and drink fluids while your body fights the germs. Sometimes, we may give you medicine to help you feel better while this is happening. But if your fever gets too high, we may need to help you cool down. Your doctor will tell us what to do. By doing what the doctor says, you can feel better soon.