

Fever: How high is too high? How long is too long?

How high is too high?

If you have ANY concerns at ANY time during your child's illness, see your family physician or emergency medical doctor. Involvement of breathing difficulties, blood, bones, brain (encephalitis or meningitis – brain inflammation that can be bacterial or viral), eye injury and you are off to the hospital.

FEVER is, first and foremost, a healthy response in a healthy person to a natural illness.

Fever is:

- A first responder of the immune system and not a feature of the virus or bacteria.
- A high fever means a healthy immune response and is not a measure of virulence.
- Self-regulating. In a healthy human, fever will exceed its set point only in poisoning or in sunstroke. Poisoning and sunstroke are medical emergencies. Go to the hospital.
- A unique heat environment that prevents some virus and bacteria from reproducing.
- A message to the immune system to activate special systems that are normally quiet. Suppressing the fever suppresses these unique systems from acting.

For example, did you know that when a fever breaks (and sweat follows), a layer of '[dermcidin](#)' is laid down? That is an anti-microbial (antibiotic) immune system response.

(<http://www.whale.to/a/FOPTA%20fever%20chapters..pdf>)

In chicken pox, when a fever breaks, sweat is produced and dermcidin prevents skin infections like Staphylococcus. So, wash the clothes but not the skin!

How High?

100-102°F (37.8 - 39°C)	low grade fevers and beneficial
102-104°F (39 - 40°C)	moderate grade fevers and beneficial
Above 104°F (40°C)	high fevers and cause discomfort, but harmless
Above 105°F (40.6°C)	higher risk of bacterial infections
Above 107°F (41.7°C)	the fever itself can be harmful

How long? When is a fever dangerous?

You should seek medical attention for yourself or a child under the following fever scenarios:

- If your child is 3 months old or younger and has a rectal temperature of 100.4°F (38°C) or higher.
- If your child is 3 to 12 months old and has an oral temperature of 102.2° F (39°C).
- If your child is 2 years old or younger and has a fever that lasts longer than 24 to 48 hours.
- Adults with a fever higher than 105°F (40.5°C) or a fever over 103°F (39.5°C). that rises or lasts longer than 48 hours.

In addition, you should seek medical care if you have a fever accompanied by rash and bruising, difficulty breathing, and/or pain while urinating. Also consult a doctor if you have recently been vaccinated, visited another country, or have a serious pre-existing illness. Seek out a pediatrician if your child seems confused, has a stiff neck, and/or won't stop crying.

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Chronic illnesses or any other health issue need the care of a qualified healthcare professional and/or qualified homeopathic practitioner. Pregnant women should not attempt any self-care without the approval of their physician.