

# DID YOU KNOW...

## that the majority of fevers are not dangerous?



Misconceptions about the dangers of fever are commonplace. Unwarranted fears about harmful side effects from fever cause lost sleep and unnecessary stress for many parents. Let the following facts help you put fever into perspective:

**MYTH: All fevers are bad for children.**

**FACT:** Fevers turn on the body's immune system. Fevers are one of the body's protective mechanisms.

Most fevers between 100°F and 104°F (38°C to 40°C) are good for sick children and help the body fight infection. The exception is babies less than 3 months of age. They should be seen by a healthcare provider right away.

**MYTH: Fevers cause brain damage or fevers over 104°F (40°C) are dangerous.**

**FACT:** Fevers with infections don't cause brain damage. Only body temperatures over 108°F (42°C) can cause brain damage. The body temperature goes this high only with extreme environmental temperatures (for example, if a child is confined in a closed car in hot weather).

**MYTH: All fevers need to be treated with fever medicine.**

**FACT:** Fevers need to be treated only if they cause discomfort. Usually that means fevers over 102°F or 103°F (39°C or 39.4°C).

**MYTH: Without treatment, fevers will keep going higher.**

**FACT:** Wrong. Because the brain has a thermostat, fevers from infection usually top out at 103°F to 104°F (39.4°C to 40°C).

For more myths and facts visit  
[www.cpnonline.org/CRS/CRS/pa\\_feverpho\\_hhg.htm](http://www.cpnonline.org/CRS/CRS/pa_feverpho_hhg.htm)

This information is not intended as a substitute for medical consultation.