

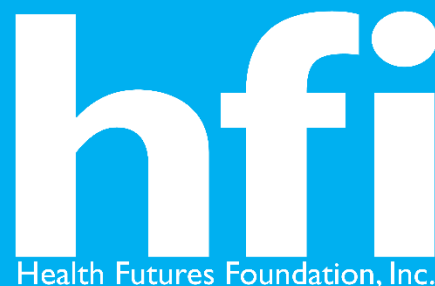
FEVER-INDUCED HEADACHE

Supportive Management

- Apply cool, wet towel on the forehead, groin, and armpits.
- Have a warm bath or a tepid sponge bath using comfortably warm water (43° C – 46° C). Perform sponge bath for 20-30 minutes. Avoid using cool water, ice, or alcohol for the bath as they may cause shivering, which, in turn, may further increase body temperature.
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
- Dress in light clothing and remove excess clothes. Sleep with a light layer of blanket.
- Keep room well-ventilated, and at a moderate, comfortable temperature. If the room feels warm, place a fan nearby.
- Keep self hydrated. Drink a minimum of 2 liters or eight glasses of clear fluid per day. Avoid dehydrating drinks such as caffeinated drinks (e.g. cola, coffee, tea, energy drinks), as well as alcohol.

Herbal Medicine

- **Saha ng Saging/Balat ng Punong Saging (Sheathing Leafstalks of the Banana)**
 - Wrap the fresh sheathing leafstalks of the banana around the neck, armpits, and groins of the person with fever. Replace the used sheathing leafstalks with a new one as needed (e.g. when the sheathing leafstalks have become warm).
- **Sampalok Juice**
 - Mix the pulp of ripe sampalok fruit in water. Add sugar to taste, and drink.
- **Guyabano Leaves Decoction**
 - Boil either 3 handfuls of fresh guyabano leaves or 1 handful of dried guyabano leaves in 2 cups of water for 15-30 minutes. Let the decoction cool down and strain. Divide the decoction into 3-4 doses to be used in one day. Use the decoction the same day it was prepared.
- **Dayap (Lime) Juice**
 - Squeeze one fresh fruit in a glass of water. Cool for 5 minutes and drink.



Unit 6, 4/F, The One Executive Office
Building, 5 West Avenue,
Barangay Nayong Kanluran,
Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

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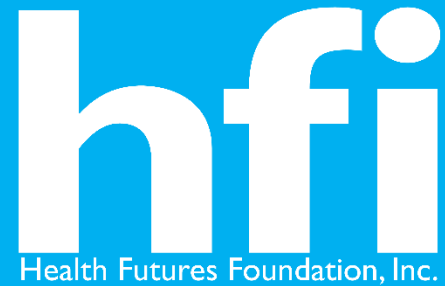
FEVER-INDUCED HEADACHE

Herbal Medicine

- **Kamias Juice**
 - Mash 2-3 ripe fruits in a glass of water. Add sugar to taste.
- **Balimbing Juice**
 - Crush 2-3 ripe balimbing fruits in a glass of water. Add sugar to taste.
- **Bignay Juice**
 - Mash a handful of ripe bignay fruits in a glass of water. Add sugar to taste.

Consult doctor:

- High fever (40 ° C or higher)
- Fever lasting longer than 3 days
- Severe, unbearable headache
- Stiff neck
- Excessive sleepiness
- Seizure
- Unconsciousness
- Confusion, disorientation, or hallucination
- Weakness or paralysis on one side of the body
- Trouble speaking, seeing, or walking



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