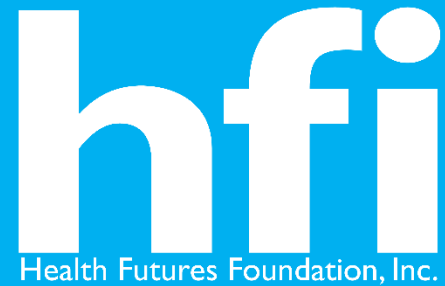


Supportive Management

- 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 250-mL cups 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.
- **Kamias Juice**
 - Mash 2-3 ripe fruits in a glass of water. Add sugar to taste.



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

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures

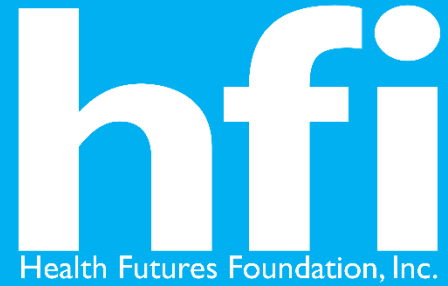
POSSIBLE FEVER – ADULT

Herbal Medicine

- **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 if:

- The fever worsens or persists.
- The fever rises up to 40 ° C or higher.
- The fever lasts longer than 3 days.
- Fever comes and goes every few days.



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

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures