

Medicine Safety Reminders During COVID-19

As COVID-19 strains healthcare resources globally, it is more important than ever to stay healthy so you can stay home. Below are some ways to help keep you and your family safe during the COVID-19 outbreak, including fever information, tips to treat fever safely, safe storage reminders, and more.

About fevers

What is a fever?

A fever is your body's natural defense against bacterial or viral infection. Normal body temperature is approximately 98.6°F, but may fluctuate depending on different factors.

Fevers and COVID-19

Fever is a common symptom of COVID-19, but most people with COVID-19 have mild illness and are able to recover at home. Your healthcare professional may ask you to stay home and manage your symptoms.

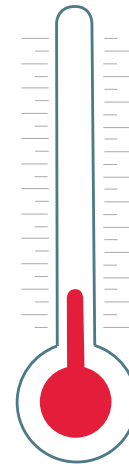
Per [CDC guidance](#), **stay in touch with your healthcare professional** and call before seeking emergency medical care.

Adult Fever Severity Ranges

High-grade fever:
greater than
102.2°F*

Low-grade fever:
98.6°F – 100.4°F

**Moderate-grade
fever:**
100.4°F – 102.2°F



*A temperature reading at or above 104°F is called hyperpyrexia and requires immediate care. Your healthcare professional should be consulted.

Safely treating fevers at home

There are several things you can do to safely treat a fever at home and help make you more comfortable.



Fluids: Drinking plenty of water helps to prevent dehydration and lower your body temperature.



Rest: Your body is working on overdrive to fight off infection. Get plenty of sleep to help your body recover.



Light foods: Eat foods that are easy to digest, like crackers and soup. Avoid dairy products.



Cool compress: Apply a damp washcloth to your forehead to help lower your temperature.



Over-the-counter (OTC) fever reducers: OTC pain relievers/fever reducers can lower your temperature and help relieve head and body aches. Common OTCs include acetaminophen (TYLENOL®) and nonsteroidal anti-inflammatory drugs (NSAIDs), such as ibuprofen (Advil® or MOTRIN® IB). OTC medicines are safe and effective when used as directed.

Safely treating fevers with over-the-counter (OTC) medicines

If you are using an OTC pain reliever/fever reducer, there are important safety considerations:



Read the Drug Facts label

OTC medicines have differences that could matter to your health—including differences in ingredients, warnings, and directions. Always **read the Drug Facts label** to help make the right choice for you.



Take the right amount at the right time

- Take the dose as directed by the label
- Wait the appropriate amount of time between doses
- Do not take more than the daily limit



Take only ONE active ingredient at a time

Many medicines contain the same active ingredients. **Take ONLY ONE medicine that contains the same active ingredient at a time.**

Safely storing your medicines

Safe storage of medicines is always important, but it is especially important to help keep kids safe, now that we are home 24/7. Kids are naturally curious and may find potentially harmful things like medicines if they are kept within a child's reach. Follow these tips to help stay safe, while staying at home.



1. Put all medicines, including your own, **up and away, out of reach and sight.**
2. Put medicines away **after every use** and **close caps tightly.**
3. **Consider products you might not think about** as medicines, including vitamins, diaper rash creams, eye drops, and hand sanitizers. These can also be harmful if kids get into them.
4. **Choose child-resistant caps** for medicine bottles when you can. And remember, child-resistant does not mean childproof.
5. **Save the Poison Control Help number** in your phone and post it visibly at home: **1-800-222-1222.** Specialists are available 24/7 for free, confidential, expert medical advice.

For more information on COVID-19, visit [CDC.gov](https://www.cdc.gov).



For more information on medicine safety, including other tools and resources, visit [GetReliefResponsibly.com](https://www.getreliefresponsibly.com).

Get Relief Responsibly®

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