



Fever Tea

Both adults and children fighting infection should make sure to take in plenty of liquids, soups, and broths to stay hydrated and nourished. The tea below contains antiviral herbs and can help the body manage fever. Calming and relaxing, it is safe for all ages.

Ingredients:

- 1 teaspoon chamomile flowers
- 1 teaspoon elderflower
- 1 teaspoon lemon balm (may use peppermint in those over 5 years of age)
- 1 teaspoon maple syrup or honey
- 2 cups water

Directions:

Pour 2 cups of near-boiling water over the herbs and let the mixture steep for 5 minutes. Strain. You can add 1 teaspoon of maple syrup for a child under the age of 12 months, or honey for anyone older.

How to Use:

For babies 3 to 6 months, give 1 teaspoon every hour or two. For children 6 to 12 months old, give 1 tablespoon every hour or two. Older children and adults should drink freely.

Note: Breastfed babies should be encouraged to nurse frequently. Formula-fed babies should be offered their bottles on their regular schedule. You should contact your child's health care provider if the following occur: any fever in children less than 3 months old, a fever of 104 F that does not come down within 2 hours of giving ibuprofen or acetaminophen, no pee or wet diapers in 8 hours, no tears when crying, fever with a rash that doesn't fade when pressed, fever with a bad headache or stiff neck, or severe abdominal pain. Remember, many elders are unable to mount a fever. You should contact a healthcare provider if a senior/elder has a sudden loss of appetite, mental changes, confusion, fatigue, inflamed area of skin, change in urination, or new/change in cough.