



FATIGUE

Feeling weak, tired and lacking energy

CAUSES

LIFESTYLE, DEPRESSION, INFECTION

Fatigue is the feeling of tiredness that overcomes the body after an exhausting day of activity. If the person has a very active lifestyle and little rest, fatigue may come more often. Some people may feel fatigued for no apparent reason, at the same time feeling a constant sadness. This might be a sign of depression. If coupled with a fever, it may be a symptom of viral or bacterial infection.

Symptoms:

- Feeling weak, tired and exhausted
- Inability to concentrate or hold interest in daily activities

DO:

- Get eight to nine hours of sleep each night.
- If you are experiencing fatigue despite not having an active lifestyle, start a moderate exercise program.
- Drink plenty of water and eat regular, well-balanced meals.

DON'T:

- Don't continue to over-exert yourself if the fatigue is due to an active lifestyle. Reduce your physical activities.

FEVER

Body temperature higher than the normal 37 degrees Celsius

VIRAL AND BACTERIAL INFECTION

Commonly attributed to colds or flu, fevers usually occur when the body is fighting a viral or bacterial infection. The body temperature rises above 37 degrees Celsius. If the body temperature is extremely high or remains at 39 degrees Celsius in adults (38.5 degrees in children), despite anti-fever medicine and other efforts, the infection may be more serious and emergency help must be sought.

Symptoms:

- Body temperature higher than the normal 37 degrees Celsius
- Hot skin
- Headache
- Flushed face

DO:

- Take a sponge bath with lukewarm water to try to bring down the fever.
- Drink plenty of water and juice.
- Take anti-fever medicine if the body temperature reaches 39 degrees Celsius in adults and 38.5 degrees in children.
- Seek help if you get a fever while pregnant or if there are other symptoms like coughing greenish or yellowish phlegm or blood, earache, painful urination or vomiting.

DON'T:

- Don't engage in strenuous physical activity. Rest as much as you can.
- Don't wear thick clothes or use thick blankets. Wear clothing that can allow your body to cool.