

What is viral fever? When you have a fever, what should you eat?

The cause of viral fever is caused by viruses living in the respiratory and digestive systems. The virus can be easily transmitted from person to person so the disease easily breaks out into an epidemic.

Viral fever or viral fever is a fever caused by viruses, most commonly respiratory viruses. Viral fever is common in children due to its weak resistance.

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Symptoms of viral fever

1. High fever: Body temperature can be higher than 38.5 degrees Celsius, feeling hot when cold, there is a tendency to convulsions.
2. Headache: There is a feeling of intense headache, dizziness, body fatigue, body aches.
3. Symptoms related to respiratory tract: Sneezing constantly, sore throat, cough, runny nose .
4. Vomiting: Vomiting after eating or may show vomiting.
5. Thirst: Drinking lots of water still feels thirsty, bitter mouth, anorexia.
6. Lymphadenitis: Lymph nodes may appear on the head, neck, palpable or palpable.
7. Rash: 2 or 3 days after the fever appears tiny rash on the skin.
8. Gastrointestinal disorders.



People with viral fever should eat?

Should let the patient eat and drink according to needs rather than pressed. The best and most suitable food for people with viral fever is porridge, liquid and easily digested foods, oresol, fruit juices.

1. Chicken soup: This dish is rich in vitamins, minerals, proteins and calories, providing enough water for the body to help patients recover faster.
2. Yogurt: Yogurt is rich in probiotics, good for digestion and helps reduce body heat.
3. Coconut water: Rich in electrolytes, glucose, potassium, antioxidants good for health.
4. Orange juice, lemon juice: Rich in vitamin C is the number one choice for people with viral fever.
5. Lettuce juice: Has a cooling effect, reduces fever and is high in vitamin C is good for health.
6. Ginger tea: It has anti-inflammatory, reduces nausea, improves health when fever.



Coconut water is what you should drink when you have a viral fever.

People with viral fever should not eat?

1. Do not eat cold foods or drink ice water.
2. Do not eat hot spicy foods such as chili, pepper, ginger . because they increase the body temperature.
3. Do not eat foods high in protein due to high protein indigestion, not good for the digestive system like eggs .
4. Do not eat greasy foods.

What other viruses are bacteria? Why antibiotics cannot treat viral illness?

Handwashing with soap or dry hand sanitizer, what better way to kill the virus?

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