



When your child has a fever, it can be hard to think straight and make important decisions. Learning what causes a fever will ease the process and help you take control of the situation.

WHEN TO SEE YOUR DOCTOR IF THERE IS A FEVER

This depends on the age of your child, how he/she looks and behaves. If your child is younger than 2 months a fever is considered an emergency and you should contact the office for instructions. In older patients a low grade fever is beneficial in the fight against infection, but if your child is looking very ill, is lethargic or not him/herself it is wise to see us. If your kiddo has serious signs or symptoms like a stiff neck, severe headache, unexplained rash or repeated vomiting/ diarrhea. It is also important to let us know if the fever lasts for more than 48 hours, it is important to figure out a source of the fever.

MEASURING AND MANAGING YOUR CHILD'S TEMPERATURE

A fever can't always be detected by touching your child's skin. It is usually necessary to use a thermometer to measure his/her temperature. There are numerous thermometers on the market, you want to use one that you feel comfortable with due to the price/ease of use. Once you have identified a fever one of the most important thing is to make your child more comfortable. Allowing your child to get enough fluids. Using Acetaminophen (Tylenol) or Ibuprofen at the right dosage may help reduce the fever and make your child more comfortable



EDUCATION ON CALL

Treating Fever

Fever is not an illness—it's a symptom that appears when the body is fighting infection and bacteria. Although typically not dangerous, a fever may be concerning for many parents, especially if it's causing discomfort. Read on for fever basics and tips on how to raise your child's comfort level when they are feeling ill.



Know what's normal

An oral (mouth) temperature as high as 99°F or a rectal (bottom) reading as high as 100.4°F are considered normal. Temperatures above these numbers may indicate fever, depending on the method in which they are taken.

Ask your pediatrician to recommend a thermometer that's best for your child.



Keep your child cool

Light clothing and a low room temperature can help your child stay comfortable. So can sponging your child with slightly warm water, but stop if they begin to shiver. Do not put your child in an icy cool bath or rub alcohol on their skin—this may cause shivering or even shock.



Prevent dehydration

Be sure to offer plenty of liquids for your child to drink—staying hydrated is most important when treating a fever. Do not force your child to eat solids if he or she is not hungry.

When to call the pediatrician

Child is **UNDER** 3 months (12 weeks)

Has a temperature of 100.4°F or higher



Keep in mind that you know your child best. Always follow your instinct and talk to your child's doctor if you have any questions or concerns.

Child is **OVER** 3 months (12 weeks)

Has a temperature of 104°F or higher

OR

Has a temperature of 100.4°F or higher **PLUS any of these symptoms:**

- Severe headache
- Repeated vomiting or diarrhea
- Strange rash
- Sore throat or ear pain
- Stiff neck
- Looks very ill or is extremely drowsy/fussy
- Has been in a very hot place (such as an overheated car)
- Has underlying immune system problems, seizure history, or takes steroids

Child has **ANY** of the following

- Seems to be getting worse, even with comfort measures
- **Is between 3 and 24 months** and still has a fever (100.4°F or higher) after 24 hours
- **Is 24 months or older** and still has a fever (100.4°F or higher) after 3 days or still "acts sick" when the fever goes away

For aches, pain, and fever, **TYLENOL®** and **MOTRIN®** are

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