

Taking Care Of Your Child's Fever At Home



IH-I-101
W.D. 11/04
Pg. 1 of 2

It is usual for parents to be worried when their child has a fever. Most of the time, it is better to take care of your child's fever at home. When you bring your child with fever to the clinic or the Emergency Room, your child may pick up germs from the other sick children. Also, your child will be more comfortable resting at home.



Fever is when your child's temperature is more than 100° Fahrenheit (37.7° Celsius) when you check the temperature in your child's armpit. If your child is older and you check the temperature in the mouth, a fever is when the temperature is more than 100° Fahrenheit (37.7° Celsius).

Fever is often the first sign of an infection. After the fever, your child could be sick with other symptoms such as runny nose, sore throat or diarrhea and vomiting. Most of the time, the infection is caused by a virus.

You should not check your child's temperature by feeling the forehead. This does not tell you how high the temperature is. Use a thermometer. This can be a digital or ear thermometer.



If your child has a fever:

- Make sure your child drinks lots of liquids which have sugar or salt in them. If your child is less than 2 years old, give electrolyte replacement fluids such as Pedialyte, and juices. If your child is more than 2 years old, you can give liquids such as Gatorade, Powerade, Propel, juices and popsicles.



- Let your child move around as much as they feel like, but also let them rest when they want.
- Do not wrap up your child too much. Chills are not a sign of being cold - they are part of the fever.



- Bathe your child as usual in warm water. Your child will feel much better.
- Let your child go to school when the fever is gone.

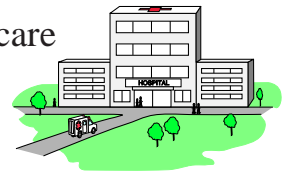


(over)

If your baby is less than 2 months old and has a fever, call your health care provider right away, or take the baby to the Emergency Room.



Remember, there is a doctor who can call you back even in the evening or at night - just call the clinic. If the clinic is closed, your call will be passed on to the doctor on call.



If your child is more than 2 months old, you can give acetaminophen (Tylenol, Tempra, Panadol or the store brand). You can also give ibuprofen (Motrin, Advil or the store brand). The amount of medicine you need to give depends on your child's weight - it is important to look at the chart on the medicine or below.



Acetaminophen dose: use the dropper or cup that comes with the medicine.

Weight	Age	Drops	Elixir (syrup) (Suspension)	Chewable tablets	Pills	Suppositories
6 - 11 pounds	0 - 3 months	0.4 ml or 1/2 dropperful				
12 - 17 pounds	4 - 11 months	0.8 ml or 1 dropperful	1/2 teaspoon			
18 - 23 pounds	12 - 23 months	0.8 + 0.4 ml or 1 1/2 droppersfull	3/4 teaspoon			
24 - 35 pounds	2 - 3 years	0.8 + 0.8 ml or 2 droppersfull	1 teaspoon	2	X	120 - 160 mg
36 - 47 pounds	4 - 5 years	X	1 1/2 teaspoons	3	240 mg	240 mg
48 - 59 pounds	6 - 8 years	X	2 teaspoons	4	320 mg	320 mg
60 - 71 pounds	9 - 10 years	X	2 1/2 teaspoons	5	400 mg	400 mg
72 - 95 pounds	11 years	X	3 teaspoons	6	480 mg	480 mg
96 pounds & up	12 years & up	X			325-1000 mg	325 - 650 mg

Ibuprofen dose: use the dropper or cup that comes with the medicine.

Weight	Age	Drops	Elixir (syrup) (Suspension)	Chewable 85 mg tablets	Chewable 100mg tablets
6 - 11 pounds	0 - 5 months	X	X	X	X
12 - 17 pounds	6 - 11 months	1.25 ml or 1 dropperful	X	X	X
18 - 23 pounds	12 - 23 months	1 1/2 dropperful	X	X	X
24 - 35 pounds	2 - 3 years	X	1 teaspoon	X	X
36 - 47 pounds	4 - 5 years	X	1 1/2 teaspoons	X	X
48 - 59 pounds	6 - 8 years	X	2 teaspoons	4	2
60 - 71 pounds	9 - 10 years	X	2 1/2 teaspoons	5	2 1/2
72 - 95 pounds	11 years	X	3 teaspoons	6	3



Call your child's health care provider right away if your child:



- Is breathing fast and the skin between the ribs is pulling in.
- Has a fever for more than 3 days.
- Has an ear ache.
- Has pain when urinating (peeing).



- Looks ill, and has no energy.
- Has a change in skin color.
- Is not drinking anything at all.
- Has a fever that does not go down even after you have treated it with medicine and fluids.