

## FEVER

**Definition:** A fever is defined as a temperature above normal (100.4 or greater if taken rectally. See chart below.) Fevers are one of the body's way of fighting infection. In general, how high your child's fever is does not matter as much as how sick he or she acts (activity, appetite, fussiness). If your child is acting sick, your doctor, no matter what his/her temperature is, should probably see him.

**Cause:** Fevers are one of the ways the body fight off infection. Dehydration and other stresses on the body also cause an increase in body temperature.

**Expected course:** The anticipated course of a fever varies according to the cause. Please follow the guideline listed below. If you are uncertain about whether or not your child needs to be seen, please do not hesitate to call for advice.

C	F	
36.5	98.6	Normal mouth temperature
37.2	99.6	Normal rectal temperature
37.8	100.4	1. Take off extra clothing and covers to help the body lose heat. 2. Give plenty of fluids such as Pedialyte, Jell-O, dilute Gatorade and Popsicles. 3. Give fever reducer as instructed on chart on back.
38.2	101.0	
38.9	102.0	
39.4	103.0	
40.0	104.0	

### Home Care and Treatment

As indicated by the above chart, be sure to reduce the amount of clothing your child is wearing. Do not chill the child, but keep clothing light and to a minimum to allow the body to lose the heat of the fever.

Dehydration causes fever and fever causes dehydration. If vomiting is not an issue, encourage your child to drink plenty of fluids. This will keep the fever down and will help keep your child from acting very sick.

Give acetaminophen (such as Tylenol) every 4 hours dosed according to the following chart. Children older than 6 months may have ibuprofen (such as Advil or Motrin) every 6 – 8 hours. Again, follow the dosing guidelines on the chart on the other side of this paper. Do not give these medicines together. Utilize either one or the other for fever control.

**Never give a child aspirin or a product that contains aspirin (like Pepto Bismol).**

### Acetaminophen

Children's Acetaminophen	Concentrated Infant's Drops 80 mg / 0.5 mL	Suspension Liquid 160 mg / 5 mL	Soft Chews Chewable Tabs 80 mg each	Junior Strength Tabs 160 mg each
Child's weight	mL	Teaspoon (5mL)	Tablet	Tablet
6 – 11 lbs	0.4 mL			
12 – 17 lbs	0.8 mL	½ tsp (2.5 mL)		
18 - 23 lbs	1.2 mL (0.8 + 0.4 mL)	¾ tsp (3.75 mL)		
24 – 35 lbs	1.2 mL (0.8 + 0.8 mL)	1 tsp (5 mL)	2	
36 – 47 lbs		1 ½ tsp	3	
48 – 59 lbs		2 tsp	4	2
60 – 71 lbs		2 ½tsp	5	2 ½
72 – 95 lbs		3 tsp	6	3
96 lbs & over				4

## FEVER

**Ibuprofen** (for children over 6 months of age only)

Ibuprofen	Concentrated Infant Drops 50 mg / 1.25 mL	Suspension Liquid 100 mg / 5 mL	Chewable Tablets 50 mg	Junior Strength Chews 100 mg	Junior Strength Caplets 100 mg
Child's weight	mL	Teaspoon (5mL)	Tablet	Tablet	Caplet
12 - 17 lbs	1.25 mL				
18 - 23 lbs	1.875 mL				
24 - 35 lbs		1 tsp	2		
36 - 47 lbs		1 ½ tsp	3		
48 - 59 lbs		2 tsp	4	2	2
60 - 71 lbs		2 ½ tsp	5	2 ½	2 ½
72 - 95 lbs		3 tsp	6	3	3

### Call the office...

#### Immediately if:

1. Your child is less than 2 months old and has a fever greater than 100.4 rectally.
2. Fever is 103 or higher, especially if under 2 years of age and your child does not perk up within 30 – 45 minutes after an adequate dose of acetaminophen or ibuprofen.
3. Your child is crying inconsolably.
4. Your child is difficult to awaken.
5. Your child is confused or delirious.
6. Your child has a seizure.
7. Your child cannot touch is chin to their chest.
8. Your child has purple spots on the skin.
9. Your child is having difficulty breathing even when the nose is clear.
10. Your child is acting very sick.
11. Your child has an underlying risk factor for serious infection (like Sickle Cell).

#### During regular office hours if:

1. Burning or pain occurs with urination.
2. Fever has been present for more than 72 hours.
3. Fever has been present for more that 24 hours without any obvious cause or location of infection.
4. Fever went away for greater than 24 hours and then returned.
5. You have any other questions or concerns.