



FEVER

FEVER is a symptom, not a disease. Fever is the body's normal response to infections and plays a role in fighting them. Most fevers that children get are not harmful. Many are caused by viral illnesses, some are caused by bacterial infections. Some fevers can be caused by an autoimmune diseases as well.

Helpful Alerts (Regardless of cause of fever)

- * Encourage your child to drink plenty of fluids
- * Dressing your child in thin, light layers is best, avoid cooling or sweating
- * "Sponging and cooling of the skin are NOT indicated and may cause seizures"
- * Alcohol rubs are NOT indicated and may be harmful
- * Tell us how the temperature was taken. Rectal is the most accurate for infants. Under the arm is okay if done correctly. Oral for older children is appropriate. Ear temps may be inaccurate if not placed in the ear properly, if eardrum is blocked by wax, if there is a tube in the eardrum or the eardrum is inflamed. Pacifier and forehead strips often not accurate.

Medications (For discomfort due to fever and/or aches)

- * Do not give more than 3 days in a row without calling our office.
- * ACETAMINOPHEN (Tylenol) is easier on the stomach, shorter lasting, and can be given every 4-6 hours Maximum of 5 doses within a 24-hour period. Don't use under 2 months of age unless directed by provider. Also available as a suppository
- * IBUPROFEN (Motrin & Advil) is longer lasting but should not be given if child is less than 6 months old, or is not eating well, or if has any nausea or vomiting. Ibuprofen can be given every 6-8 hours
- * Occasionally Acetaminophen and Ibuprofen can be alternated; this can be done after discussing with a provider.

Call Back IF...

- * The fever lasts longer than 3 days
- * The fever is remaining over 102.5 for 4 hours or longer, or over 101.5 for 6 hours or longer, whether medication is given or not
- * The child has a specific complaint such as ear pain, sore throat, swollen or tender joint, pinpoint purple rash, bloody stools, painful urination or severe back and/or neck pain

Call immediately if...

- * A baby less than 8 weeks old has a rectal temperature = 100.3 or greater (99.8 if not taken rectally)

FEBRILE SEIZURES OCCUR IN 3% OF CHILDREN BETWEEN THE AGES OF 6 MONTHS TO 5 YEARS OLD (MOST OFTEN 1 TO 3 YEARS OLD). THESE ARE NOT HARMFUL TO THE CHILD AND NOT NECESSARILY RELATED TO THE HEIGHT OF THE FEVER. THE ABOVE ADVICE REGARDING "COOLING" MAY HELP TO PREVENT THESE SEIZURES.