



Fever

Fever is an elevation of body temperature. All children develop fever, and to parents this may be alarming. However, instead of a bad sign, this shows the body is fighting infection. Children tend to run higher temperatures than adults and they tolerate the fever better. The child's appearance and level of activity are more important than the height of the fever. The degree of the temperature is not necessarily an indication that the illness is better or worse. A fever needs to be treated only if your child is uncomfortable.

General Treatment

Treatment includes rest, increased fluid intake, and cool environment. Measures that help reduce fever include acetaminophen, ibuprofen and sponging. Remember that a high fever does not mean an emergency, and it is more important to see how a sick child looks and acts than what the thermometer registers.

Treatment of Fever

1. Give extra fluids.
2. Do not bundle or overdress.
3. Medication: Acetaminophen (Tylenol/Tempra): give 80mg. (0.8ml dropper, ½ tsp., or 1 chewable tablet) per year of age every four hours as needed. Ibuprofen (Children's Advil/Motrin): 6 mo.-1 yr.- ½ tsp. every 6 hours; 1-3 yrs- 1 tsp. every 6 hours; 3+ years- 2 tsp. every 6 hours.
4. Should the temperature be greater than 104 degrees, in spite of medication, sponging may be helpful. Place the child in a bathtub of tepid (neither hot nor cold water) and scrub the skin vigorously with a wash cloth. Pour the water over the chest and back. Continue to do this for 20-30 minutes. Do not put alcohol in the tepid water.
5. Remember:

The appearance and activity of the child are more important than the degree of temperature.

Don't panic! A hot baby needs cool parents!
