



## CARE OF FEVER IN CHILDREN

Fever may be a sign of illness, a response to an immunization, or a sign that your child is dressed too warmly. Fever by itself is not dangerous, even when it is high. Temperatures of 103° to 105° make a child feel bad, but do not cause damage to the brain or other organs. Some young children (1-5 years usually) can have febrile seizures (seizures with fever), but even those children do not get brain damage from the fever.

Check the temperature under the arm with an oral or rectal thermometer for 5 minutes. To take a rectal temperature on an infant place the infant on his/her tummy. Place the lubricated tip of the thermometer about ¼ of an inch into the rectum. Hold in place for three minutes.

Older children may prefer the oral method. Place the tip of the thermometer under the tongue for 5 minutes. The fever may be higher at night. If the temperature is going up or coming down quickly, a child may have chills (shivering) and should be treated like any other child with a fever.

When your child has a fever:

- Don't over dress your child. Cover lightly with a sheet or thin blanket. Over dressing can lead to higher fever.
- Encourage lots to drink
- A lukewarm bath may bring the temperature down some. It does not usually go back to normal. **DO NOT USE COLD WATER.** Cold water can make your child chill. **DO NOT USE ALCOHOL BATHS,** the alcohol can be absorbed and make your child sicker.
- Do NOT give enemas to bring the temperature down.
- Do NOT bundle or wrap your child in blankets. This makes the temperature go up.
- If your child is uncomfortable, give your child medicine to bring the temperature down.  
See the back of this page for dosage information.

Emergency rooms are for life threatening situations. Please contact your physician before going to the emergency room except in life threatening situations.

Call the clinic day or night if your baby under the age of eight weeks has a temperature of 100.6° rectally.

Call your child's physician at **Christie Clinic Pediatrics 217.366.1257** if your child has a fever and:

- Is younger than 8 weeks
- Has a stiff neck or is very fussy
- Has a seizure
- Has a sore throat that is not going away, ear pain, a cough that is getting worse, is not drinking, or is vomiting
- If your child does not recognize you or their surroundings

## MEDICATIONS FOR FEVER

**ACETAMINOPHEN** – Tylenol, Tempra, Panadol, Liquiprin, generic. Available over-the-counter.

**IBUPROFEN** – Advil, Motrin, Pediacare Fever. Available over-the-counter for ages 6 months and older.

**ASPIRIN** – Do NOT give to children for fever. It can cause a very serious disease called Reye’s Syndrome that affects the brain and liver.

**CAUTION:** Infant drops and children’s liquids are different strengths. ALWAYS use the measuring device that comes with the package.

Acetaminophen Dose every 4-6 hours						Acetaminophen Suppository	Ibuprofen Does every 6-8 hours		
Age/ Weight	DROPS 160MG/5ML	ELIXIR (Liquid) 160mg/5ml	CHEW TABS 80 MG each	JUNIOR SWALLOW TABS 160 MG	ADULT TABLETS 325 mg	SUPPOSITORIES Available in 80 mg, 120 mg and 325 mg	INFANT DROPS 50mg/1.25ml	CHILDREN’S SUSPENSION 100mg/5ml (tsp)	ADULT TABLETS 200 mg
0-3 months 6-11 lbs	1.25 ml	1/4 tsp	X	X	X	X	<b>USE PACKAGE DIRECTIONS – VOLUMES ARE DIFFERENT FOR DIFFERENT BRANDS.</b>	X	X
4-11 months 12-17 lbs	2.5 ml	1/2 tsp	X	X	X	80 mg		1/2 tsp	X
12-23 months 18-23 lbs	3.75 ml	3/4 tsp	X	X	X	120 mg		3/4 tsp	X
2-3 years 24-35 lbs	5 ml	1 tsp	2 tablets	X	X	160 mg		1 tsp	X
4-5 years 36-47 lbs	X	1-1/2 tsp	3 tablets	1-1/2 tablet	X	240 mg		1-1/2 tsp	1 tablet
6-8 years 48-59 lbs	X	2 tsp	4 tablets	2 tablets	1 tablet	325 mg		2 tsp	1 tablet
9-10 years 60-71 lbs	X	2-1/2 tsp	5 tablets	2-1/2 tablets	1-1/2 tablet	325 mg		2-1/2 tsp	1 tablet
Over 10 years 72-95 lbs	X	3 tsp	6 tablets	3 tablets	2 tablets	480 mg		3 tsp	1-1/2 tablet

**Remember:** Fever relievers may bring the temperature down slightly (1-2 degrees). The medicine is still working even if it doesn’t bring the temperature to 98.6°. It does not mean the illness is more severe if the medicine does not bring the fever down.

Your child’s comfort level is more important than the degree of fever in deciding whether an illness is severe.  
If your child is comfortable, then home treatment of fever and observation are OK.