



## Facts About Fever

Fever is a rectal temperature greater than 100.4°F (38.0°C) or an oral temperature greater than 100°F (37.5°C).

Fever can be caused by many different types of illnesses, most commonly it is a result of an infection. Fever helps the body fight infection. Fever is not an illness itself, but only a sign that the body's immune system is working on an illness.

Fever can be treated with acetaminophen (Tylenol) or ibuprofen (Motrin/Advil). This does not cure the illness responsible for the fever, but can make a child more comfortable. If a child does not seem uncomfortable with fever, the fever does not need to be treated.

**Question:** When should I become concerned about a fever in my child?

**Answer:**

Any child who is inconsolable, not appropriately responsive, has poor skin color, or is very ill appearing, should be seen by a physician as soon as possible regardless of the height of the fever.

Any infant under 2 months of age with a fever over 100.4 rectally should be seen as soon as possible.

A child between 2 and 6 months with a fever over 101 rectally deserves a phone call to the office and likely a visit within 1-2 days.

**Myth:** Fever causes brain damage.

**Truth:** Fever does NOT cause brain damage. However, occasionally fever in the child 6 months to 6 years may cause a brief seizure. Brief seizures with fever do not

cause harm. The seizures are more frightening than they are serious, but you should certainly call us if this occurs.

**Myth:** The higher the fever the more serious the disease.

**Truth:** Height of fever does not correlate with the severity of illness. Specifically; a high fever does not always mean a serious illness, while a low fever does not guarantee a mild illness. It is the symptoms associated with fever which helps us decide whether to become concerned, not the number on the thermometer. We are much more concerned by the child with a temperature of 101 who is not behaving appropriately than we are with the child with a fever of 104 who is playful and happy.

**"To Do" when your child has fever**

1. Don't Panic. Make an overall assessment yourself of how he/she feels and looks.
2. Give your child some acetaminophen or ibuprofen in the recommended dosage. If the temperature is over 103-104 degrees you can also sponge him/her down in a warm bath. Do not use alcohol or cold water.
3. If his or her temperature decreases (it does not need to return to normal), and your child "perks up", it is safe to watch and see how things go.
4. If your child has not improved within an hour after the above steps, or if there are other things which have you concerned (persistent vomiting, inconsolability, etc.), please call

### Fever Reducer / Pain Relievers

**Acetaminophen (Tylenol) Dosing is every 4 hours (15mg/kg)**  
**Do not use under 3 months of age without calling the office first**

Child's weight (pounds) ➡	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+	lbs
<b><u>Medication Strength:</u></b>									
Infant Liquid 160mg/5mL	2.5ml	4ml	5ml	7.5ml	10ml	--	--	--	mL
Children's Liquid 160 mg/5 mL	2.5ml	4ml	5ml	7.5ml	10ml	12.5ml	15ml	20ml	mL
Chewable 80 mg tablets	1	2	2	3	4	5	6	8	tabs
Junior-strength 160 mg tablets	--	1	1	1.5	2	2½	3	4	tabs
Adult 325 mg tablets	--	--	--	--	1	1	1½	2	tabs

**Ibuprofen (Motrin/Advil) over 6 months of age only**  
**Dosing is every 6 hours (10mg/kg)**

Child's weight (pounds) ➡	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+	lbs
<b><u>Medication Strength:</u></b>									
Infant Drops 50 mg/ 1.25 mL	1.25ml	1.875	2.5ml	3.75ml	5ml	--	--	--	mL
Liquid 100 mg/ 5 mL	2.5ml	4ml	5ml	7.5ml	10ml	12.5ml	15ml	20ml	mL
Chewable 50 mg tablets	--	--	2	3	4	5	6	8	tabs
Junior-strength 100 mg tablets	--	1	1	1.5	2	2½	3	4	tabs
Adult 200 mg tablets	--	--	--	--	1	1	1½	2	tabs