

## FEVER

**Fever** = Elevation of the normal body temperature (considered a temperature over 100.4 degrees F)

Fever is a friend – it helps the body fight infection.

Fever is often higher in the evening and lower in the morning.

Most viral fevers will resolve within 3-5 days.

### **Treatment:**

- If temperature is below 101 – no treatment necessary although you can give acetaminophen or ibuprofen if uncomfortable – see dosing schedule on last page.
- Increase daily fluid intake.
- Keep child lightly dressed with clothes that will breathe.
- For temperatures above 103 – bathe child in lukewarm bath 20-30 minutes (water temperature should be around 98 degrees) If child is over 6 months old, you can alternate dosing of acetaminophen and ibuprofen every 3 hours (ie. full dose of ibuprofen; 3 hours later - full dose of acetaminophen; 3 hours later full dose of ibuprofen, etc) Do not do this for more than 24 hours. See dosing chart for more info.

### **Call immediately if:**

- Child is under 3 months of age and has a temperature above 100.4 (rectal temperature preferred).
- Child is difficult to arouse, does not interact with you, or seems very sick regardless of the temperature.
- Child is complaining of stiff neck or not able to move neck.
- Child develops a dark red rash that does not fade when pressed.
- Child develops a fever of 105 or higher.

### **Call during regular office hours if:**

- Fever is present in a child 3-6 months old, or fever for more than 24 hours in a child from 6-24 months old especially without an apparent cause for the fever (cold symptoms).
- Fever lasts longer than 3 days in an older child (>2 years old).
- Persistent temperature above 102 that is not responding to acetaminophen or ibuprofen.
- Child is complaining about pain with urination, sore throat, or ear pain.

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