

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:

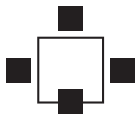
- Don't over dress your child. Cover lightly with a sheet or thin blanket. Over dressing can lead to higher fever.
- Encourage lots to drink
- A lukewarm bath may bring the temperature down some. It does not usually go back to normal. **DO NOT USE COLD WATER.** Cold water can make your child chill. **DO 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 you baby under the age of eight weeks has a temperature of 100.4° rectally.

Call your child's physician at **Christie Clinic Pediatrics (217) 366-1257** if your child has a fever and:

- Is younger than eight 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 his/her surroundings



DOSING CHART FOR MEDICATIONS FOR FEVER OR PAIN

ACETAMINOPHEN – Tylenol, Tempra, Pediacare, Genexa. Available over the counter.

IBUPROFEN – Advil, Motrin. Available over the counter for ages 6 MONTHS AND UP.

ASPIRIN – DO NOT give to children. It can cause a very serious disease.

ACETAMINOPHEN

Give every 4-6 hours as needed. Do not give more than 5 doses in 24 hours.

Weight	Infant Drops 160 mg/5 mL	Children's 160 mg/5 mL	Chewable 160 mg	Suppository
6-11 lbs	1.25 mL	1.25 mL		
12-17 lbs	2.5 mL	2.5 mL		80 mg
18-23 lbs	3.75 mL	3.75 mL		120 mg
24-35 lbs	5 mL	5 mL		120 mg
36-47 lbs	7.5 mL	7.5 mL		240 mg
48-59 lbs	10 mL	10 mL	2 tablets	325 mg
60-71 lbs	12.5 mL	12.5 mL	2.5 tablets	325 mg
72-95 lbs	15 mL	15 mL	3 tablets	480 mg

IBUPROFEN

Child **MUST BE 6 MONTHS OF AGE** to receive Ibuprofen. Give every 6-8 hours as needed.

Weight	Infant Drops 50 mg/1.25 mL	Children's 100 mg/5 mL	Chewable 100 mg
12-17 lbs	1.25 mL	2.5 mL	
18-23 lbs	1.875 mL	3.75 mL	
24-35 lbs	2.5 mL	5 mL	
36-47 lbs		7.5 mL	1.5 tablets
48-59 lbs		10 mL	2 tablets
60-71 lbs		12.5 mL	2.5 tablets
72-95 lbs		15 mL	3 tablets

1.25 mL = 1/4 tsp

2.5 mL = 1/2 tsp

3.75 mL = 3/4 ts

5 mL = 1 tsp

7.5 mL = 1.5 tsp

10 mL = 2 tsp

12.5 mL = 2.5 tsp

15 mL = 3 tsp

*****If your child is under 2 months of age with a fever (100.4° rectally and above), please call the office*****