

HELPING THE SICK CHILD AT HOME

FEVER

This information does not replace qualified medical advice from your provider but can guide you on what you can do until regular office hours.

Fever is not a disease, it's a symptom, usually of an infection. It is our body's way to naturally fight infections. Increased body heat turns on the body's immune system. Because of this, fevers are important for children to experience. Fevers are rarely dangerous to otherwise healthy children with no other medical conditions.

Thermometer readings between 97F to 100.4F are considered normal. Even if your child usually has a temperature below 98F, it is still okay for her to occasionally be higher than that. This does not mean she has a fever. If her temperature is higher than usual but still within the normal range, you can repeat the measurement after 30 mins.

What you can do:

- Your child may be contagious. They can spread this illness to other people. Stay at home and keep children out of school or daycare while they are sick. Children with fevers need to stay home until their temperature is below 100.4F for 24 hours without medication.
- Get lots of rest and drink plenty of fluids. Whatever your child usually drinks is fine.
- Check with your pediatrician for the appropriate dose of acetaminophen (Tylenol) or ibuprofen (Motrin) and give as prescribed. There is no need to give medication on a schedule; only give a dose if the fever reoccurs after the last dose wears off unless your doctor directs you otherwise.

When to go to the emergency room:

- Fever in any infant under 3 months old
- Temperature over 104F that does not respond to fever medications like acetaminophen (Tylenol) or ibuprofen (Motrin)
- Child is looking very ill, crying inconsolably, or acting differently, even when the fever has gone down
- Difficulty of breathing or bluish lips
- Rash with dark red or purple spots
- Can't keep liquids down resulting to decreased urination
- Has severe abdominal pain
- Has chronic underlying illness (e.g. sickle cell disease, diabetes)

If these recommendations do not work or there is something else that worries you, please go to the nearest urgent care for a physician assessment. For emergencies, call 911.

