

The Children's Clinic, P.C.

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FEVER

WHAT YOU NEED TO KNOW

It is not how HOT they are, but how sick they are that matters.

- Fever is common in children.
- It is one of the ways the body fights infection.
- What matters most are the other signs of illness.
 - Will your child smile, respond, play, walk?
 - Is she drinking and urinating?
 - Does he have a rash with dark purple spots?
- Fever alone, caused by infection, DOES NOT cause brain damage. Only fevers greater than 108°F/42.2°C can cause brain damage. Fevers only go this high from rare events such as heat stroke.

What is a fever?

- Fever is a body temperature that is higher than normal. The body temperature normally varies with general health, strenuous activity and time of day.
- A thermometer reading over 100.4° F or 38° C is considered a fever, regardless of what method is used to take it.

How do I take a temperature?

- Rectal and oral methods are the most accurate. For safety reasons, do not use a glass or mercury thermometer. Fever strips and ear thermometers are less accurate.
- You can take the temperature under the arm if oral is not tolerated. In a child under 3 months old, confirm the temperature with a rectal temperature before calling us.
- We recommend using an inexpensive digital thermometer which can be used orally, under the arm, or rectally with a disposable cover.

Fever reducers.

- Acetaminophen (Tylenol or generic) or ibuprofen (Motrin, Advil or generic)
 - Do not alternate ibuprofen and acetaminophen. It is possible that this dosing can damage the kidneys.
 - Do not give ibuprofen if you think your child is dehydrated or is having stomach pain.
 - Do not use ibuprofen for children under 6 months of age.
 - These medications help lower fever, and, more importantly, help your child feel better.
 - Do not expect these medicines to bring the temperature completely down to normal.
 - Do not use aspirin in children and adolescents unless instructed to by your doctor (can increase the risk of getting a serious disease called Reye's syndrome).

See the chart on the reverse side for doses.

How and Why do I treat a fever?

- Treating a fever is primarily for the child's comfort! Encourage liquids. The body requires extra fluids when there is a fever. Most children don't want to eat when they have a fever, which is not harmful.

Other ways to help your child feel better.

- A lukewarm bath may help for comfort. We do not recommend a bath that is too cool to be comfortable for the child, particularly if the child is shivering.
- A cool washcloth across the forehead may be comforting.
- Do not use cold water, ice, or alcohol to sponge off your baby.
- Dress a baby sensibly. Do not overdress or underdress, and do not bundle. Older children may prefer to be in warm clothing or blankets, particularly if they have chills. This does not cause a problem. Let your child decide what makes him comfortable.

Seizure with fever or febrile seizures.

- Only 4 in 100 children between the ages of 6 months and 6 years old are likely to get seizures with fevers.
- After six years of age, children grow out of febrile seizures.
- Febrile seizures do not cause brain damage.
- Most seizures end within 5 minutes.
- It doesn't matter how hot your child is. Febrile seizures can occur at temperatures as low as 101°F/38.3°C.
- If a child has a seizure, just lay him gently on his side on a flat surface.
- Don't put anything in his mouth. He won't swallow his tongue.

Call us about a fever right away if your child:

- Is less than 3 months old. Take a rectal temperature before you call us. Do not give medicine first.
- Has a fever that lasts more than 48 hours in a child **under age two years**, and there are no other symptoms.
- Is extremely lethargic or extremely irritable (with or without a fever).
- Is extremely ill.
- Is unable to walk, or has a stiff neck.
- Is confused or won't respond.
- Has difficulty breathing.
- Has a seizure.
- Has a rash with dark purple spots.

Call us about a fever during office hours if:

- The fever lasts more than 72 hours, and your child's other symptoms are not improving.
- The fever lasts more than 5 days.

Generally we do not recommend alternating Acetaminophen and Ibuprofen

ACETAMINOPHEN DOSES (Tylenol or generic brand)

May be given every 4-6 hours; max 5 times in 24 hours

Weight	Dose	Infant Drops 80 mg/0.8 ml	Elixir or Susp. 160 mg/tsp.	Chewable Tablets	Junior Strength Tablets 160 mg	Adult Tablets 325 mg	Extra Strength Tablets 500 mg
		<i>Do not switch dropper from one concentration to another.</i>			80 mg	<i>(Please notice different tablet strengths)</i>	
6-9 lbs.	40 mg	0.4 ml					
10-12 lbs.	60 mg	0.6 ml					
13-18 lbs.	80 mg	0.8 ml	½ tsp.				
19-24 lbs.	120 mg	1.2 ml	¾ tsp.	1½			
25-36 lbs.	160 mg	1.6 ml	1 tsp.	2	1		
37-48 lbs.	240 mg	2.4 ml	1 ½ tsp.	3	1 ½		
49-60 lbs.	320 mg		2 tsp.	4	2	1	
61-72 lbs.	400 mg		2 ½ tsp.	5	2 ½	1	
73-95 lbs.	480 mg		3 tsp.	6	3	1	1
96-150 lbs.	640 mg		4 tsp.	8	4	2	1
Over 150 lbs.	960-1000 mg			12	6	3	2

Maximum dose of 1000 mg 4 times a day

IBUPROFEN DOSES (Children's Advil or Motrin, or generic brand)

May be given every 6 - 8 hours; max 4 times in 24 hours.

IBUPROFEN IS NOT RECOMMENDED FOR USE IN CHILDREN UNDER 6 MONTHS OF AGE OR PEOPLE WITH DEHYDRATION

Weight	Dose	Infant Drops 50 mg/1.25 ml	Children's Ibuprofen 100 mg/tsp.	Chewable Tablets	Chewable Tablets	Junior Strength Tablets 100 mg	Adult Tablets
		<i>Do not switch measuring dropper or cup from one bottle to another.</i>			50 mg	100 mg	100 mg
<i>(Please notice different tablet strengths)</i>							
11-16 lbs.	50 mg	1.25 ml	½ tsp.				
17-22 lbs.	75 mg	1.875 ml	¾ tsp.				
23-27 lbs.	100 mg	2.5 ml	1 tsp.	2	1	1	
28-33 lbs.	125 mg		1 ¼ tsp.	2 ½	1 ¼	1	
34-44 lbs.	150 mg		1 ½ tsp.	3	1 ½	1 ½	
45-88 lbs.	200 mg		2 tsp.	4	2	2	1
89-130 lbs.	400 mg		4 tsp.	8	4	4	2
Over 130 lbs	400-600 mg		4-6 tsp.	8-12	4-6	4-6	2-3

600 mg dose for severe pain