



PEDIATRICS AND ADOLESCENT MEDICINE, P.A.

**FEVER**

Almost all children at some time will have fever in the range of 100°F – 104°F. Parents may have unfounded fears regarding fever in their children. Because fevers are rarely harmful, and fever treatment may not be necessary, we present the following information and guidelines.

Fever is a temperature above the normal range. A rectal temperature (which is most accurate) above 100.4°F, or an oral temperature above 100° are both fevers. A temperature taken under the arm, or in the ear, can be unreliable, but if above 99° may indicate fever. Fever is the body's NORMAL response to infection. Most fevers are due to viral illness, last two to three days, and get better without antibiotics. These fevers range from 101° – 105°F. In general, the height of the fever does NOT relate to the seriousness of the illness. With most illnesses the level of fever fluctuates for one to three days. HOW YOUR SICK CHILD LOOKS AND ACTS IS WHAT COUNTS.

Some children (about four percent of all children) may have a febrile convulsion or fever seizure. This usually happens when a fever is rising rapidly at the beginning of an illness. Short febrile seizures do NOT cause brain damage or epilepsy, although they may be quite frightening to parents.

**TREATING FEVER**

Your child may be more comfortable with extra fluids, less clothing, and reduced activity. Extra fluids, especially cold ones, should be encouraged. Clothing should be kept to a minimum. If your child is cold or shivering, give him a light blanket. Discourage vigorous activity. Normal play is fine.

Fever medication may be used if the child is older than two months, and the fever is above 102° F and/or associated with discomfort, fast breathing or feeling very hot. Give the correct dose of acetaminophen or ibuprofen. This will usually reduce the fever, but *will probably not bring it to normal.*

If the fever is above 104° one half hour after the medication has been given, you may sponge your child for 10–20 minutes in lukewarm water. Never add alcohol or ice to the water. DO NOT leave your child alone in the tub.

See the following table for the correct dosage of medication. We do not recommend the use of aspirin for children. We do not recommend alternating acetaminophen and ibuprofen.

**ACETAMINOPHEN DOSAGE — Every 4 hours**

WEIGHT	INFANT DROPS	ELIXIR	CHEWABLE	SUPPOSITORIES	
	Two .8 ml. droppers = 160 mg. 80mg./0.8ml.	One tsp. = 160 mg. 160mg./5ml.	80mg.	80 mg.	120 mg.
8 lbs.	0.5 ml.	¼ tsp. = 1.3 ml.		½	
10 lbs.	0.7 ml.			½	
12 lbs.	0.8 ml.	½ tsp. = 2.5 ml.		1	¾
18 lbs.	0.8 + 0.4 ml.	¾ tsp. = 4.0 ml.		1½	1
24 lbs.	0.8 + 0.8 ml.	1 tsp. = 5.0 ml.	2		1½
30 lbs.		1¼ tsp. = 6.5 ml.	2½		1½
35 lbs.		1½ tsp. = 7.5 ml.	3		2
40 lbs.		1¾ tsp. = 8.5 ml.	3½		2½
50 lbs.		2 tsp. = 10.0 ml.	4		3½
60 lbs.		2½ tsp. = 12.5 ml.	4½		

Acetaminophen is also available in sprinkle form, suppositories and double strength tablets without prescription. Ask your pharmacist for appropriate dosing advice.

**IBUPROFEN • ADVIL • MOTRIN — Every 6 hours**

WEIGHT	DROPS	SUSP.	CHEW TABS		JR. TABLETS	TABS
	50 mg./1.25 ml.	100 mg./5ml.	50 mg.	100mg.	100 mg.	200 mg.
15 lbs.	2.0 ml.	¼ tsp.				
18–23 lbs.	2.5 ml.	1 tsp.	2	1		
24–35 lbs.	3.75 ml.	1½ tsp.	3	1½		
36–47 lbs.	5 ml.	2 tsp.	4	2		1
48–59 lbs.		2½ tsp.	5	2½		
60–71 lbs.		3 tsp.	6	3	3	
72–95 lbs.		4 tsp.	8	4	4	2
Adult		4 tsp.			4	2

(Under 6 months of age, regardless of weight should check with M.D.)

**Keep all medications out of the reach of children.**

**CALL IMMEDIATELY IF:**

- Your child is less than 2 months of age
- Fever is over 105° F
- Your child is crying inconsolably for a long time
- Your child is difficult to waken
- Your child is confused or delirious
- Your child has a seizure
- Your child has a stiff neck
- Your child has purple spots on the skin
- Your child is having a hard time breathing and does not feel better after the nose is cleared
- Your child is acting sick
- Your child has a known underlying risk factor for serious infection

**CALL DURING OFFICE HOURS IF:**

- Your child is 2–4 months old (unless due to DPT shot)
- Fever is between 104° and 105°, especially if your child is under 2 years old
- Burning or pain occurs with urination
- Fever has been present for greater than 72 hours
- Fever has been present for greater than 24 hours without an obvious cause, e.g., cold
- Your child has a history of febrile seizures
- You have other questions