

WHAT IS A FEVER?

- A fever is a body temperature of 101° F or higher.
- Normal body temperature is 97° F-100° F.
- Fever is a sign that the immune system is fighting off an infection.
- It is a symptom, not a disease itself, and it may precede symptoms of a cold or other illness by several days.

FACTS

- Higher fevers do not always mean more serious illness.
- High fevers may make a child uncomfortable.
- Fevers do not cause brain damage or deafness.
- Going outside with a fever will not make a child sicker.
- Teething alone does not cause high fevers.
- Some children may experience brief convulsions as a result of rapid rise in body temperature (not necessarily a high fever). These are not life threatening and these children do not generally go on to develop seizure disorders later in life.
- Fevers may accompany simple colds.

TREATMENT OF A FEVER

- Fever is only a symptom. It is helpful to the immune system and therefore does not need to be treated. Children however, may feel better if their fevers are lower.
- It is not important to get the temperature to normal. Most fever treatments will only lower the temperature a few degrees, to make the child more comfortable.

MEDICINES

- 1) Acetaminophen (Tylenol) dosing every four hours.
- 2) Ibuprofen (Motrin, Advil) dosing every 6 hours.
- 3) Aspirin should **not** be used in children because of the rare possibility of Reye's syndrome.

SYMPTOMATIC TREATMENT

- 1) Loosen clothing and do not bundle tightly.
- 2) Luke warm baths or sponge baths (**do not use alcohol or cold water baths**).

Remember; do not become discouraged if the temperature does not return to normal. Fever is okay. How your child looks and acts during the illness that accompanies the fever is more important.

WHEN TO CALL OUR OFFICE

Call immediately if:

- 1) Your child is less than two months old with temperature of 100° F or higher.
- 2) Your child looks very ill to you.
- 3) Your child is unresponsive or very irritable.
- 4) Your child has had convulsions with the fever.

Call during regular office hours if:

- 1) Any age child has a fever of 105° F or higher.
- 2) A fever (over 102°F) has been present for more than 3 days.
- 3) There is burning on urination, ear or throat pain with fever.

**Please remember that our office is available 24 hours a day,
7 days a week.**