



FEVER

Basics:

- A fever is defined as 100.4 F (38 C). Rectal is required under 3 months and recommended for under 1 year of age. Axillary (under arm) is about a degree cooler. Eg: 99 F Ax is about 100 F rectal. Oral is good for cooperative older kids. Ear and forehead thermometers are okay for older kids but not as accurate.
- A dangerous temperature is 108 F when protein degrades.
- It is more difficult for germs to multiply in a hot temperature and that is why we have fevers.
 - Don't give medicine for fever unless the child is uncomfortable- usually over 102- undress the baby and offer more fluids

What to do:

- Under 3 months: Call immediately if your child has a fever that is not due to the administration of the 2 months shots in the previous 48 hrs and don't give Tylenol until told to do so. Call immediately if the fever from the 2 month shots gets to 103 F or lasts more than 48 hrs (we need to see the baby within 24 hrs to rule out other reasons for a fever like urinary tract infection).
- 3-6 months: Make an appointment if the fever is 102.2 F. 6-24 months: Make an appointment if 102.2 for over 24 hrs and the child has no symptoms of cold or diarrhea to rule out a urinary tract infection.
- Give Acetaminophen or Ibuprofen if uncomfortable. Ibuprofen/Motrin is okay if over 6 months but save it for bedtime or fevers over 102.5 F (can overlap with Acetaminophen)
- Make an appointment with us if the fever lasts longer than 4 days or goes over 104.
- Make an appointment if you think your child has influenza.
- Make an appointment with us if the fever comes back a week into a cold as that may signify a secondary bacterial infection like an ear infection.
- What else can you do when your children have a fever? Make sure they're drinking plenty of extra fluids (water, Pedialyte, or popsicles). Dress them lightly. We don't recommend cold baths or alcohol baths, they can cause shivering, low glucose and rapid rise after the bath.
- We will usually want to evaluate your child in the office if your child has any other concerning symptoms like signs of dehydration, appendicitis or ear pain. Don't judge their look until the fever is down.
- If your child has been exposed to influenza even without symptoms and is under 5 years you need to call for Tamiflu prophylaxis.

Taking your child's temperature:

We recommend a **rectal temperature** for infants under 12 months of age (a must for under 3 months), we want to make sure the temperature is accurate. As children get older, it's ok to use an oral thermometer. Forehead thermometers can have wide ranges in readings. Ear thermometers may be convenient, but it can be fairly tricky to get an accurate temperature with them, depending on the shape of your child's ear canal and the presence of ear wax. Temperature strips and feeling your child's skin are not accurate ways to determine fever, since fever is an elevated internal body temperature, not skin temperature. A great resource from the American Academy of Pediatrics on how to take your child's temperature: <https://www.healthychildren.org/English/health-issues/conditions/fever/Pages/How-to-Take-a-Childs-Temperature.aspx>

Acetaminophen (Tylenol®) Dosage Chart

Choose the dose closest to your child's weight and give every 4-6 hours as needed.

Weight		Dose 15 mg/kg	Oral Suspension 160 mg/5ml	
pounds	kilograms	mg	ml	teaspoons
6-11	2.7 - 5.3	40 mg	1.25 ml	$\frac{1}{4}$ tsp
12 - 17	5.4 - 8.1	80 mg	2.5 ml	$\frac{1}{2}$ tsp
18 - 23	8.2 - 10.8	120 mg	3.75 ml	$\frac{3}{4}$ tsp
24 - 35	10.9 - 16.3	160 mg	5 ml	1 tsp
36 - 47	16.4 - 21.7	240 mg	7.5 ml	1 $\frac{1}{2}$ tsp
48 - 59	21.8 - 27.2	320 mg	10 ml	2 tsp
60 - 71	27.3 - 32.6	400 mg	12.5 ml	2 $\frac{1}{2}$ tsp
72 - 95	32.7 - 43.2	480 mg	15 ml	3 tsp

Ibuprofen (Motrin® or Advil®) Dosage Chart

Important: Do not give to infants under 6 months of age.

Choose the dose closest to your child's weight and give every 6-8 hours as needed.

Weight		Dose 10 mg/kg	Concentrated Drops 50 mg/1.25 ml	Oral Suspension 100 mg/5 ml	
pounds	kilograms	mg	ml	ml	teaspoons
12 - 17	5.4 - 8.1	50 mg	1.25 ml	2.5 ml	$\frac{1}{2}$ tsp
18 - 23	8.2 - 10.8	75 mg	1.875 ml	3.75 ml	$\frac{3}{4}$ tsp
24 - 35	10.9 - 16.3	100 mg	2.5 ml	5 ml	1 tsp
36 - 47	16.4 - 21.7	150 mg		7.5 ml	1 $\frac{1}{2}$ tsp
48 - 59	21.8 - 27.2	200 mg		10 ml	2 tsp
60 - 71	27.3 - 32.6	250 mg		12.5 ml	2 $\frac{1}{2}$ tsp
72 - 95	32.7 - 43.2	300 mg		15 ml	3 tsp