

Fever

We know that fever can be scary for parents and children alike. Fever is usually a sign that your child is fighting some type of infection. For most children, fever itself is not worrisome, but can be associated with an increased risk of dehydration and other concerning symptoms. Fever is typically considered to be anything above 100.4F taken rectally in younger children and orally in older children. Fever, even high fever, can be associated with both viral and bacterial infections and usually does not require antibiotics. Fever will increase your child's breathing and heart rates and also increases the amount of fluids they need to remain hydrated.

While children with a fever often feel warm, just feeling the forehead is not an accurate way to tell if your child truly has a fever. Temperature should be taken with a thermometer- for infants, this should be done rectally, for toddlers, this should be done with a temporal thermometer, and for older children, this should be done orally. This is the most accurate way to take a temperature. Taking the temperature under the arm, with forehead strips, or pacifier thermometers does not give you an accurate temperature reading. Do not add or subtract degrees based on how you take the temperature; it is very important when calling to talk about fever that you tell the doctor or nurse what the temperature reading was and how it was taken.

If your child has a fever (temperature over 100.4F) and is uncomfortable, you can give medication for fever (see reverse side). If your child is playing and does not appear uncomfortable while having a fever, you do not have to give medication for fever. Make sure that your child is dressed in light clothing and keep the room cool. Encourage your child to drink plenty of fluids. If your child is feeling uncomfortable, encourage them to get plenty of rest.

Please call us immediately if your child has a fever (temperature over 100.4F) and any of the following:

- If your child is less than 3 months old
- If your child is between 3 and 24 months old and has a fever with no other symptoms for more than 24 hours
- If your child (2 years and older) has had fever for 4 or more days
- If your child does not have urine output at least once every 6-8 hours, has a dry mouth, cannot make tears, or if your infant has a sunken soft spot.
- If your child is having any difficulty breathing or is using chest wall muscles to help with breathing
- If your child is acting inappropriately sleepy. Children can be less active with fever and more tired, but they should be able to be aroused and think clearly.
- If your child has a febrile seizure.
- If your child has a stiff neck, severe headache, or severe abdominal pain.

Medications for Fever:

There are 2 types of medications for fever:

Acetaminophen/Tylenol – given every 4-6 hours; no more than 5 doses in 24 hours

Ibuprofen/Motrin/Advil- given every 6-8 hours; not to be given those younger than 6 months old.

There is no need to alternate between acetaminophen and ibuprofen. Please pick one medication and give that according to the schedule for that medication. Alternating medication exposes children to excess medication that is not necessary and may have side effects.

Aspirin should not be given to any child under 18 years old.

Please do not give medication for fever to children under 3 months old without discussing this with the doctor.

Acetaminophen Dosage Chart (1 dose every 4-6 hours; no more than 5 doses in 24 hours)

Weight	Milligram Dose	Infant/Children's Liquid (160mg/5ml)	Children's soft chews (80mg each)	Junior strength (160mg each)	Adult capsules (325 mg)
5-10 lbs	40 mg	¼ tsp (1.25 ml)	N/A	N/A	N/A
11-16 lbs	80 mg	½ tsp (2.5 ml)	1 tablet	N/A	N/A
17-21 lbs	120 mg	¾ tsp (3.75 ml)	1 ½ tablets	N/A	N/A
22-26 lbs	160 mg	1 tsp (5ml)	2 tablets	1 tablet	N/A
27-32 lbs	200 mg	1 ¼ tsp (6.25ml)	2 ½ tablets	1 tablet	N/A
33-37 lbs	240 mg	1 ½ tsp (7.5 ml)	3 tablets	1 ½ tablet	N/A
38-42 lbs	280 mg	1 ¾ tsp (8.75ml)	3 ½ tablets	1 ½ tablet	N/A
43-53 lbs	320 mg	2 tsp (10 ml)	4 tablets	2 tablets	1 tablet
54-64 lbs	400 mg	2 ½ tsp (12.5 ml)	5 tablets	2 ½ tablets	1 tablet
65-75 lbs	480 mg	3 tsp (15ml)	6 tablets	3 tablets	1 ½ tablet
76-86 lbs	560 mg	3 ½ tsp (17.5 ml)	7 tablets	3 ½ tablets	1 ½ tablet
>87 lbs	640 mg	4 tsp (20 ml)	8 tablets	4 tablets	2 tablets

Ibuprofen Dosage Chart (1 dose every 6-8 hours; not to be used under 6 months old)

Weight	Milligram Dose	Infant Liquid (200mg/5ml)	Children's Liquid (100mg/5ml)	Chewable Tablets (50mg)	Junior Strength (100mg)	Adult capsule (200 mg)
9-10 lbs	25 mg	0.625 ml	1.25 ml	N/A	N/A	N/A
11-16 lbs	50 mg	1.25 ml	2.5 ml	1 tablet	N/A	N/A
17-21 lbs	75 mg	1.875 ml	3.75 ml	1 ½ tablets	N/A	N/A
22-26 lbs	100 mg	2.5 ml	5 ml	2 tablets	1 tablet	N/A
27-32 lbs	125 mg	3.125 ml	6.25 ml	2 ½ tablets	1 tablet	N/A
33-37 lbs	150 mg	3.75 ml	7.5 ml	3 tablets	1 ½ tablet	N/A
38-42 lbs	175 mg	4.375 ml	8.75 ml	3 ½ tablets	1 ½ tablet	N/A
43-53 lbs	200 mg	5 ml	10 ml	4 tablets	2 tablets	1 capsule
54-64 lbs	250 mg	6.25 ml	12.5 ml	4 ½ tablets	2 ½ tablets	1 capsule
65-75 lbs	300 mg	7.5 ml	15 ml	5 tablets	3 tablets	1 capsule
76-86 lbs	350 mg	8.75 ml	17.5 ml	5 ½ tablets	3 ½ tablets	1 capsule
> 87 lbs	400 mg	10 ml	20 ml	6 tablets	4 tablets	2 capsule