

## Instructions for Fever

Fever is the body's way of telling you that your child has an infection. Fevers usually start about the same time that other symptoms begin. Most fevers last less than 5 days, and usually start coming down after 2-3 days.

Fever can help a child get better more quickly. High fevers may cause a brief seizure in some children but they do not cause brain damage. Medicines such as Tylenol or Motrin do not cure infections. They bring down the fever and help a child feel better, so he or she can drink more fluids. A lukewarm bath may help to reduce a fever. **DO NOT use rubbing alcohol on your child to lower the temperature:** Rubbing alcohol is dangerous and can poison your child.

If you think your child has a fever, take the child's temperature. Use a rectal thermometer for infants under two months. Use an oral thermometer or an under-arm thermometer for older infants and children. The normal body temperature is 98.6°F (37°C). Your child has a fever if the rectal temperature is over 100.4°F (38°C) or if the oral temperature is over 99.5°F (37.5°C).

If your child has a temperature higher than 100.5 F

- Give your child plenty of clear liquids such as watered-down Gatorade, tea, soup and water (infants should have breastmilk or formula)
  - Give Tylenol every 4 hours if the fever is making your child uncomfortable.
  - AND/ OR Give Motrin every 6 hours if you prefer
- \* Call the doctor if :
- the fever lasts more than 4-5 days, or if your child is getting sicker.
  - your infant 0-3 months has a fever 100.4°F or higher
  - your child 3 months to 3 years has a fever 102.2°F
  - your child 3 and older has a fever which is going higher and higher each day.