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## Instructions for Pediatric Fever Control

- Fevers are nature's way of helping the body fight off infection. A fever will not cause damage to a child unless it is higher than 104°F. A fever will often be in response to a viral infection and will resolve spontaneously without antibiotics or other medication.
- Pay more attention to your child's behavior than the thermometer reading.
- A child doesn't have a fever until his oral temperature is at least 100°F or his rectal temperature is at least 101°F.
- If your child's temperature is 102°F (rectally) or less keep the child in a cool room (70°) and lightly dressed. Give lots of cool clear liquids (popsicles are ok). Take your child's temp every four hours.
- If the temperature is more than 102° give Tylenol (or other brand of acetaminophen every 4 hours). Follow the dosage chart below for age and weight. **DO NOT GIVE CHILDREN ASPIRIN FOR FEVERS.** Ibuprofen is also available for fever control and can be given every 8 hours. Ibuprofen can cause stomach irritation and is best avoided in a child that has an upset stomach.
- If the temperature stays elevated despite Tylenol, sit your child in 2 inches of lukewarm water and sponge bathe for 30 minutes, even if they shiver or cry. Take the temperature 30 minutes following this. Call the doctor if it is still more than 103°.
- You should call the doctor when your child is feverish and:
  - is two months old or younger
  - the fever is greater than 105°
    - or his oral temperature exceeds 102° for more than 24 hours
  - the child has a seizure, stiff neck, or purple spots on the skin
  - the child has a history of convulsions
  - the child is crying uncontrollably or is irritable
  - the child is difficult to awaken, seems confused, or is delirious
  - the fever persists for more than three days and you haven't already consulted a physician
  - complains of bellyache, earache, or pain on urination
  - is vomiting, having diarrhea, wheezing, or is having difficulty breathing.
  - the child has recently (within 3 days) had a DPT shot and has a temperature more than 102°.
- For manual thermometers: always shake down to at least 96° before taking a temperature. There is no need to do this with a digital thermometer.
- Children under five should have their temperature taken rectally (ear thermometers are OK but are not as accurate): lubricate the thermometer, insert it gently into the rectum about 1 inch and hold for two to three minutes.
- Children over five years of age should have their temperature taken orally; tell them not to bite down, but to hold the thermometer under the tongue for two to three minutes.
- Take your time reading the thermometer; the temperature level won't change while you're reading it.
- Ibuprofen and acetaminophen can be given alone or alternated.

### Acetaminophen Dosing (Oral)

Weight	Age	Dosage
6 to 11 pounds	0 to 3 months	40 mg
12 to 17 pounds	4 to 11 months	80 mg
18 to 23 pounds	1 to 2 years	120 mg
24 to 35 pounds	2 to 3 years	160 mg
36 to 47 pounds	4 to 5 years	240 mg
48 to 59 pounds	6 to 8 years	320 mg
60 to 71 pounds	9 to 10 years	400 mg
72 to 95 pounds	11 years	480 mg

### Ibuprofen Dosing

Weight	Age	Dosage
12 to 17 pounds	6 to 11 months	50 mg
18 to 23 pounds	12 to 23 months	75 mg
24 to 35 pounds	2 to 3 years	100 mg
35 to 47 pounds	4 to 5 years	150 mg
48 to 59 pounds	6 to 8 years	200 mg
60 to 71 pounds	9 to 10 years	250 mg
72 to 95 pounds	11 years	300 mg