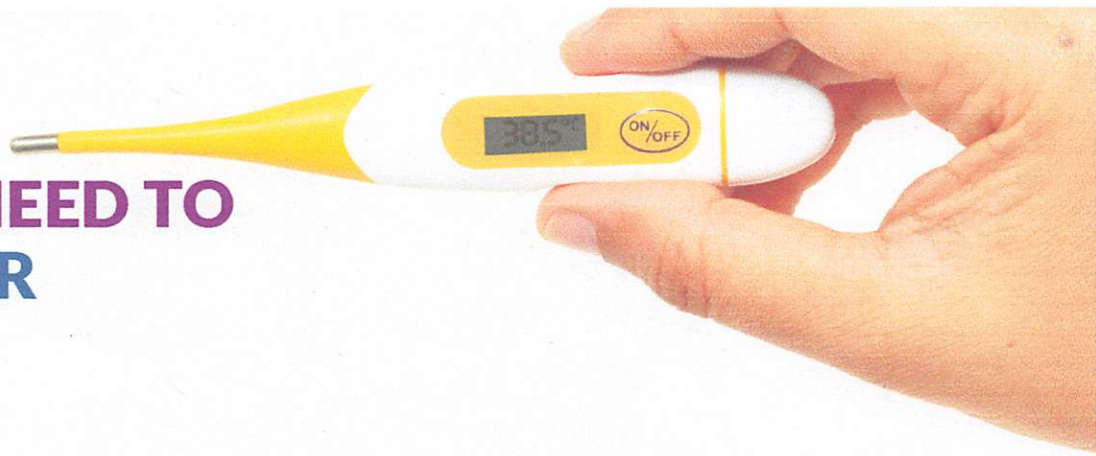


## WHAT YOU NEED TO KNOW: FEVER



### What is a fever?

A fever is the natural reaction of the body when it's fighting an infection. Most fevers in children are caused by virus infections. They are also common after vaccinations. Fevers do not cause any harm. Your child or youth's actual temperature (the number on the thermometer) is not important. How they look and behave is most important. When their temperature is high, children will feel unwell and look tired, but should feel better after the fever is treated.

### Febrile seizures

Parents are often worried that their child might have a seizure because of a fever. Seizures with fever (or febrile seizures) happen in 1 of every 20 children with a fever. These seizures are usually brief and only last a couple of minutes. They don't cause long term problems. Fever medicine does not prevent febrile seizures.

### How do I know if my child has a fever?

A temperature of 38°C (100.4°F) or higher means your child or youth has a fever.

### How do I take my child's temperature?

You can use a digital or glass thermometer. You can take your child's temperature in their bottom (rectally) or by mouth (orally). Do not take the temperature under the armpit, or use ear thermometers or forehead strips. These methods will not give an accurate temperature.



### Taking care of a child with a fever at home

- Give fever medicine to lower their temperature a little and make them more comfortable. Remember, fever medicine does not remove all fever, and it won't stop the fever from coming back. Fever medicine won't prevent febrile seizures from happening.
- Give extra fluids. Children need to drink more fluids when they have a fever.
- Repeat the medicine as needed to keep your child comfortable and drinking. Follow medication directions on the next page.
- Dress your child lightly in one layer of clothing. Don't wrap your child up in blankets, even if they are shivering.

### Fever medicines

Ibuprofen and acetaminophen can make your child more comfortable by bringing down the fever a little. Most children will not need to have both of these medications. **Do not use Aspirin® (ASA).**







### When your child has a fever:

- Try ibuprofen first, as it works better for most children. Use acetaminophen instead of ibuprofen if your child has a fever due to chicken pox.
- Try acetaminophen if your child does not improve one hour after taking ibuprofen
- **Do not use Aspirin® (ASA).**

### How much should I give?

Medicines for fever and pain come in different concentrations (the number of mg of medicine in each mL, tablet or suppository). Check the concentration on the bottle, and read the package directions carefully.

Ibuprofen (Advil® or Motrin®)	Acetaminophen (Tylenol® or Tempra®)
<input type="checkbox"/> 1-6 months: 5mg/kg as needed every <b>eight</b> hours <input type="checkbox"/> Over 6 months: 10mg/kg as needed every <b>six</b> hours Child's weight: _____ Child's dose: _____ mg <input type="checkbox"/> Give _____ ml of 200 mg/5ml infant drops  <input type="checkbox"/> Give _____ ml of 100 mg/5ml children's liquid <input type="checkbox"/> Give _____ 100 mg chewable tablet(s)  <input type="checkbox"/> Give _____ 200 mg tablet(s) <input type="checkbox"/> Give _____ 400 mg tablet(s)	<input type="checkbox"/> 15 mg/kg every <b>four</b> hours as needed. Do not give more than <b>five</b> doses in 24 hours. Child's weight: _____ Child's dose: _____ mg <input type="checkbox"/> Give _____ ml of 80 mg/ml infant drops  <input type="checkbox"/> Give _____ ml of 160 mg/5ml children's liquid <input type="checkbox"/> Give _____ 80 mg chewable tablet(s)  <input type="checkbox"/> Give _____ 325 mg tablet(s) <input type="checkbox"/> Give _____ 500 mg tablet(s)
<b>My child received:</b> <input type="checkbox"/> Ibuprofen at _____ a.m. / p.m. <input type="checkbox"/> Acetaminophen at _____ a.m. / p.m.	

### When to see your family doctor

You should visit your family doctor if your child or youth:

- has a fever for more than four days
- is not getting better after one week of symptoms
- develops an ear ache

### Numbers to know

Telehealth Ontario

Health information from registered nurses, 24/7

1-866-797-0000

TTY: 1-866-797-0007

### When to come to the Emergency Department



You know your child best. CHEO's ED is always here for you. Visit the ED if your child or youth:

- is under three months and has a fever
- is very irritable or sleepy and doesn't improve with medicine
- has difficulty breathing
- has signs of dehydration (dry mouth, not peeing at least every eight hours)
- has a headache or sore neck that doesn't go away with fever or pain medicine

**Remember:** only breast milk and ORS should be given to hydrate your child. Do not give kool-aid, pop, sports drinks etc.

### 3. Treat fever

If your child or youth has a fever, help them feel more comfortable by giving acetaminophen (Tylenol®, Tempra®) or ibuprofen (Advil®, Motrin®). **Do not give ibuprofen to babies under six months of age.**

### 4. Watch for dehydration

Babies under age 2 should have at least four wet diapers a day. Children older than age 2 should go pee 3-4 times per day.

### 5. Feed your child

If your child is old enough to eat solid foods they may not want to eat food for a few days. This is OK, as the most important thing is to keep them well hydrated. If your child is taking food, you can keep offering this. Most children will be back to their normal diet in a day or two.

### ✓ My child has diarrhea (without vomiting)

Diarrhea means watery stools (poop) that happen more often than usual. It takes a little time for the bowel to heal, so you might notice that your child's stools stay quite soft for up to ten days after the diarrhea. If diarrhea or cramping lasts after 5-7 days, your doctor may suggest lactose free milk for a little while.

The guidelines below are the same for children of any age.

#### 1. Replace fluids using breast milk or oral rehydration solutions (ORS)

If you are breast feeding:

- Breast feed often to replace the fluids lost through diarrhea.
- If your child has started other foods, slowly begin to feed them their normal diet.

If you are not breast feeding:

- Slowly begin to give them their normal diet (like formula or milk).

### Call your doctor or go to the Emergency Department if your child:

- is three months old or younger, and has a fever (temperature higher than 38°C)
- is less than three months old and has had diarrhea for more than two days (48 hours)
- has a fever for more than two days (temperature higher than 38°C)
- has bloody or black stools (poop)
- vomits blood or green bile
- has diarrhea for more than ten days
- has abdominal pain that won't go away or is getting worse
- shows signs of dehydration (less than four wet diapers in 24 hours, dry mouth and tongue, sunken eyes or a sunken soft spot on the head, no tears when crying, grayish skin, very sleepy and hard to wake up)

