



Fever

Fever in children can be scary for a parent. It can be hard to think about what to do when you are concerned for your child's wellbeing. Fortunately, fever is a normal response to illness.

Fever is defined as:

- A temperature over 100.4°F
- Rectal temperatures are required in infants under 6 months old, recommended in children under 2. Ear temperatures are acceptable in children older than 6 months.

What causes a fever?

Fever usually happens because the body has detected an infection or other illness. Fever is a natural way of fighting infection, and can actually be beneficial.

How do I treat a fever?

Although not all fevers need to be treated, there are some things you can do to keep your child more comfortable.

- Give acetaminophen or ibuprofen. Ibuprofen is ONLY for kids older than **6 months**. It is important to give the correct dose for your child based on their weight, see the charts below.
- Do not overdress your child; wear appropriate clothing for the weather.
- Fever can easily cause a child to become dehydrated. It is important to ensure your child is getting enough to drink when they have a fever. Signs of dehydration in young children can include crying without tears, dry mouth, and fewer wet diapers.
- Other practices to reduce fevers such as an alcohol bath, ice packs, lukewarm bath etc. are no longer recommended and can actually have adverse effects.

Acetaminophen Dosage Table for Fever and Pain*

Child's Weight (pounds)	6-11	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+	
Syrup: 160 mg/5 mL	1.25	2.5	3.75	5	7.5	10	12.5	15	20	mL
Chewable 80 mg Tablets	--	--	1½	2	3	4	5	6	8	tabs
Chewable 160 mg Tablets	--	--	--	1	1½	2	2½	3	4	tabs
Adult 325 mg Tablets	--	--	--	--	--	1	1	1½	2	tabs
Adult 500 mg Tablets	--	--	--	--	--	--	--	1	1	tabs

*Read table notes below.

Ibuprofen Dosage Table for Fever and Pain*

Ibuprofen ONLY FOR OLDER THAN 6 MONTHS	Child's Weight (pounds)	12-17	18-23	24-35	36-47	48-59	60-71	72-95	96+	
	Infant Drops 50 mg/1.25 mL	1.25	1.875	2.5	3.75	5	--	--	--	mL
	Liquid 100mg/5 mL	2.5	4	5	7.5	10	12.5	15	20	mL
	Chewable 50 mg tablets	--	--	2	3	4	5	6	8	tabs
	Junior strength 100 mg tablets	--	--	--	--	2	2½	3	4	tabs
	Adult 200 mg tablets	--	--	--	--	1	1	1½	2	tabs

*Read table notes below.

Consult a doctor, or head to the emergency room if:

- Child is younger than 3 months (12 weeks) and has a rectal temperature of 100.4°F (38.0°C) or higher
- Looks very ill, is unusually drowsy, or is very fussy
- Has been in a very hot place, such as an overheated car
- Has other symptoms, such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has immune system problems, such as sickle cell disease or cancer, or is taking steroids
- Has had a seizure

Call our nurse's line at 540-344-9213 if:

- Your child seems to be getting worse.
- The fever persists for more than 24 hours in a child younger than 2 years.
- The fever persists for more than 3 days (72 hours) in a child 2 years of age or older.
- Fever rises above 104°F (40°C) repeatedly for a child of any age

^{i, ii} Sourced from the American Academy of Pediatrics and their website below
<https://www.healthychildren.org/>