

TREATMENT OF FEVER IN INFANTS AND CHILDREN



Fever is a sign of illness, not a disease itself. Fevers do not need to be treated unless they are very high or the child is uncomfortable. Taking the child's temperature is the only way to know for sure if there is a fever.

THINGS TO REMEMBER ABOUT TAKING THE TEMPERATURE:

1. We will be glad to show you how if you are uncertain.
2. Rectal temperatures are the fastest but may be distressing to the infant or child. Axillary (under the arm) temperatures are sufficient in a child who cannot hold a thermometer under the tongue.
3. Stay with your child while taking the temperature, holding onto a rectal or axillary thermometer to make sure it stays in place.
4. Rectal temperatures should be taken for 1-3 minutes. Oral and axillary temperatures should be taken for 3-5 minutes.
5. Clean the thermometer with alcohol when you are finished.

WHAT YOU CAN DO:

- ✓ Keep the child cool. Use light clothing and keep the room temperature 70°F at the most.
- ✓ Extra liquids are necessary to replace fluids lost through perspiration and increased skin temperature. Offer cool liquids every 2-4 hours. Sometimes milk or formula upsets the stomach, but if there is no vomiting or diarrhea and the child wants milk or formula, it is fine to give it to him/her.
- ✓ If the temperature is over 103°F and acetaminophen (e.g. Tylenol) is not bringing the temperature down, sponge bathe for 20 minutes in lukewarm water. Avoid shivering which will raise the child's temperature.

CALL YOUR DOCTOR WHEN:

- Your infant is less than 3 months old and has a temperature of 100.4°F or more.
- Your child is 3 months or older and has a temperature over 102°F for over 24 hours or 101°F for over 48 hours.
- Your child is too sick to take fluids by mouth.
- You are concerned or have questions about your child's illness.
- Your child is uncomfortable or otherwise not acting appropriately for his/her age, even if there is no elevated temperature.

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Acetaminophen: Relieves fever and pain and is the preferred medication for infants and children in most situations. Acetaminophen (Tylenol, Tempra, Panadol, Liquiprin, etc.) comes in several strengths and methods of administration: drops, elixir, chewable tablets, and suppositories.

Ibuprofen: Relieves fever and pain in persons over 6 months of age. Ibuprofen (Motrin, Advil) is available in infant concentrated drops, liquid, chewable and tablet form.

Aspirin: We **do not** recommend the use of aspirin for fever in children under the age of 18 because of the link between aspirin and Reye's syndrome, a serious liver condition.

Remember: Both acetaminophen and ibuprofen can be harmful if overdosed; so keep these, like all medications, out of reach of children. Since many over-the-counter cold medications contain ibuprofen or acetaminophen, read labels carefully to avoid giving excessive amounts of these medications. Use the measuring device provided in the package to obtain an accurate dose.

NOTE: IF YOU HAVE A DIFFERENT DOSE OF ACETAMINOPHEN (TYLENOL) THAN YOU SEE HERE, CALL THE CLINIC OR YOUR PHARMACY FOR CORRECT DOSING.

ACETAMINOPHEN (TYLENOL) DOSAGE CHART

May be given every 4 hours not to exceed 5 times per day.

AGE	WEIGHT	INFANT/ CHILDREN'S ELIXIR 160 mg/5 ml	CHEWABLE TABLETS 80 mg tabs	JUNIOR STRENGTH 160 mg capsules	ADULT 325 mg tablets	SUPP 80 mg
0-3 mos	6-11 lbs	¼ tsp/1.25 ml				½
4-11 mos	12-17 lbs	½ tsp/2.5 ml				1
12-23 mos	18-23 lbs	¾ tsp/3.75 ml	1 ½ tabs			1 ½
2-3 yrs	24-35 lbs	1 tsp/5 ml	2 tabs	1 cap		2
4-5 yrs	36-47 lbs	1 ½ tsps/7.5ml	3 tabs	1 ½ caps		
6-8 yrs	48-59 lbs	2 tsps/10 ml	4 tabs	2 caps	1 tab	
9-10 yrs	60-71 lbs	2 ½ tsps./12.5 ml	5 tabs	2 caps	1 tab	
11 yrs	72-95 lbs	3 tsps/15 ml	6 tabs	3 caps	1 tab	
12-14 yrs	96 lbs & over	4 tsps/20 ml	8 tabs	4 caps	2 tabs	

TREATMENT OF FEVER IN INFANTS AND CHILDREN

IBUPROFEN (MOTRIN, ADVIL) DOSAGE CHART (6 MONTHS AND OLDER)

May be given every 6 to 8 hours not to exceed 4 times per day.

AGE	WEIGHT	INFANTS DROPS 50 mg/1.25 ml	CHILDREN'S SUSPENSION 100 mg/5 ml	JUNIOR CHEWABLE 100 mg	ADULT TABLETS 200 mg
6-11 mos	12-17 lbs	1.25 ml	½ tsp/2.5 ml	----	----
12-23 mos	18-23 lbs	1.875 ml	¾ tsp/3.75 ml	----	----
2-3 yrs	24-35 lbs		1 tsp/5 ml	1 tab	---
4-5 yrs	36-47 lbs		1 ½ tsps/7.5 ml	1 tab	----
6-8 yrs	48-59 lbs		2 tsps/10 ml	2 tabs	1 tab
9-10 yrs	60-71 lbs		2 ½ tsps/12.5 ml	2 tabs	1 tab
11 yrs	72-95 lbs		3 tsps/15 ml	3 tabs	1 tab
12-14 yrs	96 lbs & over		4 tsps/20 ml	4 tabs	2 tabs

DO NOT USE ANY OF THE ABOVE MEDICATIONS FOR MORE THAN 3 DAYS FOR FEVER OR PAIN UNLESS DIRECTED BY A PHYSICIAN OR NURSE PRACTITIONER.