

Management of Fever in Children

Children often develop fever as a normal response to an infection. A fever is a symptom of an infection, not a disease.

It is appropriate to treat your child's fever if your child is uncomfortable.

In babies and children, the average body temperature ranges from 97.9°F (36.6°C) to 99°F (37.2°C).



TREATMENT AT HOME IF YOUR CHILD IS UNCOMFORTABLE

- Encourage your child to drink cool, clear fluids such as water, apple juice, or Pedialyte. You may also offer popsicles or Jell-O to eat.
- Make your home comfortable by keeping the temperature at 20° C or 70° F. Keep your child calm and have them rest. The child can wear less clothing and use a sheet on the bed instead of a blanket.
- You may choose to give medicine to help lower your child's temperature. Give Acetaminophen (Tylenol, Tempera) every 4 hours as needed, or Ibuprofen (Advil, Motrin) every 6-8 hours as needed. Do not give Aspirin.

SEE A DOCTOR OR NURSE PRACTITIONER IF:

- Your child is less than 3 months of age and has a fever
- Your child's condition is getting worse
- Your child is vomiting often or is feeding poorly
- Your child is experiencing breathing problems
- Your child has a stiff neck
- You are concerned about any other symptoms

Medications for Fever in Children

The amount of medicine to give your child depends on the weight of the child and the product you buy.

Your child's weight ____kg (Weight in pounds divided by 2.2)

Acetaminophen (Tylenol, Tempra): 15 mg/kg every 4 hours as needed

Weight_____ kg X 15 =_____ mg every 4 hours as needed

- ☐ Infant Tylenol/Tempra/Generic Brand (80mg/mL liquid) =_____mL every 4 hours as needed
- ☐ Children's Tylenol/Tempra/Generic Brand (160mg/5mL liquid)=_____mL every 4 hours as needed
- ☐ Children's Tylenol/Generic Brand Chewable Tablets (80mg/tab)=_____mL every 4 hours as needed
- ☐ Junior Tylenol/Generic Brand Chewable Tablets (160mg/tab)=_____mL every 4 hours as needed
- ☐ Tylenol/Generic Brand (325mg tablets)=_____tabs every 4 hours as needed
- ☐ Tylenol ES/Generic Brand Extra Strength (500mg tablets)=_____tabs every 4 hours as needed
- ☐ Generic Acetaminophen (120mg rectal suppository)=_____sup. every 4 hours as needed

Ibuprofen (Advil, Motrin): 10mL/kg every 6 to 8 hours as needed

Weight:_____ kg X 10 =_____ mg every 6-8 hours as needed

- ☐ Infant's Advil/Motrin (40mg/mL liquid)=_____mL every 6-8 hours as needed
- ☐ Children's Advil/Motrin (100mg/5mL liquid)=_____mL every 6-8 hours as needed
- ☐ Junior Advil/Motrin Chewable Tablets (100mg/tab)=_____tabs every 6-8 hours as needed
- ☐ Advil/Motrin/Generic Brand (200mg tablets)=_____tabs every 6-8 hours as needed
- ☐ Advil/Motrin/Generic Brand (400mg tablets)=_____tabs every 6-8 hours as needed

Date:_____ Name of Advisor:_____