

# Pediatrics

## FEVER

What is fever?

- Fever is your body's normal reaction to an infection – it is a good thing
- Fever is a temperature of greater than 100.4 degrees Fahrenheit in children under 2 months
- Fever is a temperature greater than 101 degrees in children older than 2 months of age.
- A temperature less than 100.4 is normal and does not need to be treated.

What is the best way to take a temperature?

- Rectal temperatures are the most accurate and should always be used in babies under 2 months
- An underarm temperature in children greater than 2 months of age may be used. You do not need to add or subtract a degree.
- Ear thermometers are notoriously inaccurate.

Should I be afraid of a fever? NO!!

- Fever will not cause brain damage and will not hurt your child whether it is 101 or 104. Remember, fever is a good thing. It is your body fighting an infection.
- How your child looks and feels is more important than the number on the thermometer. Bring the fever down, then assess how your child is feeling.

Why should I treat a fever?

- While your child has a fever, they may feel achy and lethargic.
- Treating the fever may make your child feel better in the interim, although it will not make the infection go away.

What medicines can I use to treat a fever?

- Tylenol is the brand name for acetaminophen
- Motrin and Advil are brand names for ibuprofen
- Children less than 6 months of age can be given acetaminophen (Tylenol) every 4 hours as needed.
- Children over 6 months of age can be give Tylenol every 4 hours or Ibuprofen (Motrin/Advil) every 6 hours as needed.
- Tylenol and Motrin/Advil are two different medicines. They shouldn't be given at the same time. Tylenol needs to be given 4 hours from Tylenol. Motrin/Advil needs to be given 6 hours from Motrin/Advil. Because they are different medicines, they can be given closer together. For example you can give Tylenol then 2-3 hours later give Motrin/Advil then 2-3 hours later give Tylenol...
- These medicines should only be given when your child actually has a fever.
- Tylenol and Ibuprofen take approximately 30 minutes to work. Give the medicine time to work.
- Please take a Tylenol and ibuprofen dosage form at the front desk the next time you visit the office.

Call our office if:

- any child less than 2 months of age has a fever
- fever persists longer than 72 hours
- fever does not respond to Tylenol or ibuprofen
- fever greater than 105

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