ACCENT FAMILY HEALTH CARE, INC.

# MANAGING YOUR CHILD’S FEVER

|  |  |
| --- | --- |
| Temperatures above the following are  considered to be fevers:  Rectal – 100.4 F (38.0 C)  Oral – 99.5 F (37.5 C)  Axillary (armpit) – 98.6 F (37.0 C)  Tympanic (ear) – 100.0 F (37.5 C) | Call a healthcare professional right away if:   * Your child is 3 months or younger and has a fever * Your child has a fever of 105 F (40.6 C) or higher * The temperature does not match with the severity of the illness; young infants may not have a fever but be very sick. |
| Assess your child’s other symptoms:  Certain symptoms usually associated with a fever (examples – sleeplessness, headache, sore throat, runny nose, cough) | First to try:   * Remove warm clothing and encourage   your child to drink plenty of fluids   * Keep your child rested, quiet, and comfortable * If shivering, keep your child warm   until shivering stops |
| Lower temperature:  Children’s or Infant Tylenol (acetaminophen) can be used in almost all situations including:   * Every day fevers * Discomfort following immunizations * Discomfort associated with cold and flu   Children’s or Infant Motrin (ibuprofen) may provide better fever relief in the following situations:   * High fevers * When up to 8 hours of fever/pain relief is needed * Bodyaches and pains associated with the flu   **DOSING CHARTS BASED ON AGE AND WEIGHT LOCATED ON REVERSE SIDE.**  ..\..\..\WINDOWS\Application Data\Microsoft\Media Catalog\Downloaded Clips\cl4a\j0185990.wmf  ..\..\..\WINDOWS\Application Data\Microsoft\Media Catalog\Downloaded Clips\cl4a\j0185998.wmf..\..\..\WINDOWS\Application Data\Microsoft\Media Catalog\Downloaded Clips\cl4b\j0188637.wmf | Monitor your child’s temperature regularly with a thermometer and keep an eye on his or her recovery until he or she seems to be back to normal.  CALL A HEALTH CARE PROFESSIONAL IF:   * Your child acts confused or sees/hears things that aren’t there * Your child has a stiff neck (unable to touch chin to chest) * Your child has trouble breathing * Your child has a seizure (arms and legs jerk uncontrollably) * Your child has a skin rash * Your child cries inconsolably (can’t calm them down) * Your child is difficult to awaken * Your child has an underlying risk factor for serious infection, such as sickle cell disease, heart, kidney, or lung problems * You are unable to lower your child’s fever (make sure you are giving the right dose of Tylenol or Motrin) or your child develops other serious symptoms * Your child appears very sick * The fever went away for more than 24 hours and then returned * Your child has a history of febrile seizures * Your child has a fever for more than 72 hours * You have other questions or concerns |

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ACETAMINOPHEN (TYLENOL) DOSE

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WEIGHT (lbs.)** | **AGE** | **DOSE**  **(mg)** | **DROPS**  **(ml)** | **ELIXER**  **(tsp) (ml)** | **CHEWABLES**  **(tablet)** |
| Call health care provider if child less than 3 months of age. | | | | | |
| 6-11 | 3 – 6 mos | 40 | 0.4 | X | X |
| 12-17 | 6 – 11 mos | 80 | 0.8 | ½ (2.5 ml) | 1 |
| 18-23 | 12 – 23 mos | 120 | 0.8 + 0.4 | ¾ (3.75 ml) | 1 |
| 24-35 | 2 – 3 yrs | 160 | 0.8 + 0.8 | 1 (5 ml) | 2 |
| 36-47 | 4 – 5 yrs | 240 | X | 1 ½ (7.5 ml) | 3 |
| 48-59 | 6 – 8 yrs | 320 | X | 2 (10 ml) | 4 |
| 60-71 | 9 – 10 yrs | 400 | X | 2 ½ (12.5 ml) | 5 |
| 72-95 | 11 yrs | 480 | X | 3 (15 ml) | 6 |

\*\* Give one dose every 4 – 6 hours; not to exceed 5 doses in 24 hours.

[Drops = 80 mg in 0.8 ml; Elixer = 160 mg per 5 ml (1 tsp);

Chewable tablets = 80 mg; Adult tablets = 325 mg or 500 mg]

### IBUPROFEN (MOTRIN) DOSE

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| --- | --- | --- | --- | --- | --- |
| **WEIGHT (lbs.)** | **AGE** | **DOSE**  **(mg)** | **DROPS**  **(ml)** | **SUSPENSION**  **(tsp/ml)** | **CHEWABLES**  **(tablet)** |
| Call health care provider if less than 6 months of age. | | | | | |
| 12-17 | 6 – 11 mos | 50 | 1 | ½ | X |
| 18-23 | 12 – 23 mos | 75 | 1 ½ | ¾ | X |
| 24-35 | 2 – 3 yrs | 100 | 2 | 1 | 2 |
| 36-47 | 4 – 5 yrs | 150 | 3 | 1 ½ | 3 |
| 48-59 | 6 – 8 yrs | 200 | X | 2 | 4 |
| 60-71 | 9 – 10 yrs | 250 | X | 2 ½ | 5 |
| 72-95 | 11 yrs | 300 | X | 3 | 6 |

\*\* Give one dose every 6 – 8 hours; not to exceed 4 doses in 24 hours.

[Drops = 50 mg in 1.25 ml; Suspension = 100 mg per 5 ml (1 tsp);

Chewable tablets = 50 mg; Adult tablets = 200 mg]

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