



Fever

What is Fever:

Your child has a fever if his rectal temperature or ear temperature is over **100.4°F**

How to check fever:

If you think that your child feels warm, please measure his temperature with a thermometer as this is more reliable than checking for fever by touching. Obtaining a rectal temperature is the most reliable way to check fever for children less than 6 months of age (oral / ear measurements are not reliable). It is also the preferred way to check temperature below two years of age.

When should you worry?

Look at the child and not at the thermometer. How your child acts is more important than any specific degree of fever. In general, the height of the fever doesn't relate to the seriousness of the illness. The child who is running high fever is unlikely to have serious disease if they are not acting sick, if they continue to take oral fluids, and if they seem to feel better once the fever is down. The typical child with high fever will be less active than usual, but as the fever comes down, they will return to being playful and active again. With a more worrisome illness, the child may have high or even a relatively low fever, but the child will remain lethargic and irritable even when the fever is down. **Fever does not cause brain damage, even at 106 F.** 5 % of children with febrile illnesses will develop harmless "febrile seizures." Febrile seizures are scary to watch, but they usually stop within 5 minutes. They cause no permanent harm and febrile seizures often run in families.

When your child has fever, your child should be checked at the office if you are worried about the way your child is acting. Sometimes, the only way to rule out a more serious infection is to have the child seen by a physician. If you are not sure whether child needs to be seen, call us.

When to call us immediately?

1. Your child is acting very sick.
2. Your child is an infant under the age of 2 months.
3. The fever is over 105°F
4. Your child has prolonged febrile seizure (more than 5 minutes)
5. If your child is on chemotherapy, long term steroids, or has an immunodeficiency disorder.

Return to School: Your child can return to school when he goes without fever for 24 hours and feeling better.

How to treat Fever?

Important Notes:-

1. **Never** use aspirin to treat fever in children. It can cause very serious medical complications.
2. Fever medicine products come in different concentrations and strengths. Please read label first.
3. Many over-the-counter cough and cold preparations contain acetaminophen also. Check the label on that product. If you give your child one of these products, do not give extra Tylenol (acetaminophen).
4. Do not use Motrin/Advil (ibuprofen) below six months of age.
5. Overdosing with Tylenol or Motrin can cause dangerous medical complications like liver or kidney damage.

Fever Medicines:

Tylenol (acetaminophen) can be given ever four hours. Motrin (Ibuprofen) can be given every six hours. Please use either. Do not use both at the same time. It is best to avoid alternating this medicine. It can create confusion and can cause accidental overdose. In rare cases if you are instructed by health care provider to alternate ibuprofen and acetaminophen, do it as follows:

1. Alternate doses of ibuprofen and acetaminophen every 4 hours.
2. Keep a written log of time and type of medicine given to avoid confusion.
3. Alternate medicines for only 24 hours or less, and then return to a single product.

(Please turn over for more information)

DR. RAJ MINIYAR - PEDIATRICS

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Dosing Chart for Acetaminophen Products (Tylenol)

Child Weigh	Dose	Infant drops (80 mg/0.8 ml)	Children's syrups (160 mg/5 ml)	Chewable tablets (80 mg)	Adult capsule (325 mg)
6-11 pounds	40 mg	1/2 dropper (0.4 ml)	1/4 teaspoon (1.25 ml)	-----	-----
12-17 pounds	80 mg	1 dropper (0.8 ml)	1/2 teaspoon (2.5 ml)	-----	-----
18-23 pounds	120 mg	1 1/2 droppers (1.2 ml)	3/4 teaspoon (3.75 ml)	-----	-----
24-35 pounds	160 mg	2 droppers (1.6 ml)	1 teaspoon (5 ml)	2 tablets	-----
36-47 pounds	240 mg	-----	1 1/2 teaspoons (7.5 ml)	3 tablets	-----
48-59 pounds	320 mg	-----	2 teaspoons(10 ml)	4 tablets	1 capsule
60-71 pounds	400 mg	-----	2 1/2 teaspoons (12.5 ml)	5 tablets	1 capsule
72-95 pounds	480 mg	-----	3 teaspoons (15 ml)	6 tablets	1 capsule
96 pounds and up	650 mg	-----	-----	-----	2 capsules

Suppositories: Acetaminophen is also available as a rectal suppository in 120-mg, 325-mg, and 650-mg dosages. Suppositories are useful if a child with a fever is vomiting often or having seizures caused by the fever. Use the same dose as listed above for the suppository. Most suppositories can be cut (for example, cut in half) to supply the right dose for your child's age.

Dosing Chart For Ibuprofen Products(Motrin /Advil)

Weight (pounds)	Dose	Infant drops 100 mg/2.5 ml	Children's syrup (100 mg/5 ml)	Children's tablets 50 mg/tablet	Chewable 100 mg/tab
13-17	50 mg	1/4 tsp (1.25 ml)	1/2 tsp (2.5 ml)	-----	-----

18-23	75 mg	1/3 tsp (1.75 ml)	¾ tsp (3.75 ml)	-----	-----
24-35	100 mg	½ tsp (2.5 ml)	1 tsp (5 ml)	2 tablets	-----
36-47	150 mg	¾ tsp (3.75 ml)	1 ½ tsp (7.5 ml)	3 tablets	-----
48-59	200 mg	1 tsp (5 ml)	2 tsp (10 ml)	3 tablets	1 ½ tablets
60-71	250 mg	-----	2 ½ tsp (12.5 ml)	5 tablets	2 ½ tablets
72-95	300 mg	-----	3 tsp (15ml)	6 tablets	3 tablets
96	400 mg	-----	-----	-----	4 tablets

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