

## **Fever in Newborns:**

*Infants younger than 2 months old who have a fever need immediate medical attention*, even if they appear well and show no other signs of being ill. The challenge is to find the cause of the fever quickly while avoiding putting the baby through unnecessary tests or hospitalizations.

### **Fever in this age group is a RECTAL temperature above 100.4F.**

About 10% of young infants with fever are found to have urinary tract infections. The rate is even higher in uncircumcised boys. That's why having a urine sample checked is important. It is also important to get lab work. Therefore, if your infant has a fever after-hours, you will need to take your child to the Emergency Room, either Advent Ocala or UF/Shands Hospital right away.

## **Fever in children older than 2 months old:**

Let's face it, fevers can be scary for parents! When your child is burning up, it can be hard to think straight and make important decisions. Learning what causes fevers and how to treat them will ease your anxiety and help you take control of the situation.

## **What Causes a Fever?**

Everyone has his or her own internal "thermostat" that regulates body temperature, and normal body temperature is around 98.6 degrees Fahrenheit plus or minus about one degree. When the body detects an infection or other illness, the brain responds by raising the body temperature to help fight the condition. A rectal temperature over 100.4 degrees Fahrenheit is considered a fever. *It is not always necessary for a child with a fever to see their doctor. It depends on the age and the other symptoms they have.*

## **Managing a Fever at Home**

Although not every fever needs to be treated, there are some things you can do to help make your child more comfortable.

- Acetaminophen (Tylenol) and/or Ibuprofen (Motrin/Advil) will usually reduce a fever. It is important to make sure you give the right dosage to your child, see dosage chart below.
- Keep your child cool and do not overdress him/her. Place a room-temperature or cool washcloth on the forehead of your child. You can also place the child in a lukewarm bath to help the fever go away.
- A fever will also cause a child to lose fluids more quickly, so give plenty of fluids. Signs of dehydration include crying without tears, a dry mouth, and less than 3 wet diapers in a 24 hour period in an infant or toddler.
- Keep your digital thermometer ready and accessible so you don't have to search for it once your child is ill.
- Have children's acetaminophen or ibuprofen on hand at home at the ready.

## **When to Call:**

- If your child looks very ill, is unusually drowsy, or is very fussy
- Has been in a very hot place, such as an overheated car
- Has other symptoms, such as a stiff neck, severe headache, severe sore throat, severe ear pain, an unexplained rash, or repeated vomiting or diarrhea
- Has signs of dehydration, such as a dry mouth, sunken soft spot or significantly fewer wet diapers and is not able to take in fluids
- Has immune system problems, such as sickle cell disease or cancer, or is taking steroids
- Has had a seizure
- Is younger than 3 months (12 weeks) and has a temperature of 100.4°F (38.0°C) or higher
- Fever rises above 105°F repeatedly for a child of any age

## **When to Come for a Visit:**

- Your child seems to be getting worse or seems very “ill”.
- The fever persists for more than 48 hours in a child younger than 2 years.
- The fever persists for more than 3 days (72 hours) in a child 2 years of age or older.

## **Does Teething Cause Fever?**

Teething, which often starts at about 6 months of age, can cause a slight rise in your baby's body temperature within the normal range, up to 100.4F. However, research shows teething does not cause a true fever.

## **When is Fever an Emergency?**

### **Febrile Seizures or Convulsions:**

In children between 6 months old and five years of age, fever can trigger seizures. These are called febrile convulsions. A child may get an odd look on their face for a few moments, then stiffen or twitch, roll their eyes, and become unresponsive for a short time. Febrile convulsions typically last less than a minute—or even just a few seconds--though it can seem forever to a frightened parent. Thankfully, febrile convulsions are not common and almost always are harmless, causing no lasting damage to the brain or nervous system. However, if your baby has a febrile convulsion, be sure to call.

### **Raised body temperature from heatstroke**

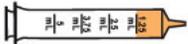
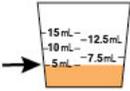
Fever should not be confused with heatstroke. *This is not caused by infection.* Instead, this dangerous condition is caused by surrounding heat in the environment and dehydration. With heatstroke, body temperature can rise to dangerous levels (above 105 degrees Fahrenheit [40.5 degrees Celsius]).

If you think your child has heatstroke, **call 911** or go to the emergency department right away.

## How to give the right amount of ACETAMINOPHEN (also known as Tylenol) is different depending on which medicine you plan to give.

**Dose:** Give every 4 to 6 hours as needed for fever or pain. **DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.** Do **NOT** use with any other medicine containing acetaminophen.



Weight →	6 to 11 pounds (3 to 5 kilograms)	12 to 17 pounds (5 to 7 kilograms)	18 to 23 pounds (8 to 10 kilograms)	24 to 35 pounds (11 to 15 kilograms)
Age →	0 to 3 months	4 to 11 months	12 to 23 months	2 to 3 years
<b>Infant's Acetaminophen</b> (160 mg / 5 mL)	1.25 mL 	2.5 mL 	3.75 mL 	—
<b>Children's Acetaminophen</b> (160 mg / 5 mL)	—	—	—	5 mL 
<b>Children's Acetaminophen Chewables</b> (160 mg)	—	—	—	1 tablet 
<b>Children's Acetaminophen Dissolvable Packets</b> (160 mg / powder pack)	—	—	—	—
<b>Adult's Acetaminophen Tablets</b> (325 mg)	—	—	—	—
<b>Adult's Acetaminophen Tablets</b> (500 mg)	—	—	—	—

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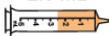


Weight →	36 to 47 pounds (16 to 21 kilograms)	48 to 59 pounds (22 to 26 kilograms)	60 to 71 pounds (27 to 32 kilograms)	72 to 95 pounds (33 to 43 kilograms)	96 pounds or more (44 kilograms or more)
Age →	4 to 5 years	6 to 8 years	9 to 10 years	11 years	12 years or older
<b>Infant's Acetaminophen</b> (160 mg / 5 mL)	_____	_____	_____	_____	_____
<b>Children's Acetaminophen</b> (160 mg / 5 mL)	7.5 mL 	10 mL 	12.5 mL 	15 mL 	10 mL + 10 mL = 20 mL 
<b>Children's Acetaminophen Chewables</b> (160 mg)	1 ½ tablets 	2 tablets 	2 ½ tablets 	3 tablets 	4 tablets 
<b>Children's Acetaminophen Dissolvable Packets</b> (160 mg / powder pack)	_____	2 packets 	2 packets 	3 packets 	_____
<b>Adult's Acetaminophen Tablets</b> (325 mg)	_____	1 tablet 	1 tablet 	1 ½ tablets 	2 tablets 
<b>Adult's Acetaminophen Tablets</b> (500 mg)	_____	_____	_____	1 tablet 	1 tablet 

## How to give the right amount of IBUPROFEN (also known as Motrin, Advil) is different depending on which type of ibuprofen you plan to give.

**Dose:** Give every 6 hours if needed, for fever or pain. **DO NOT GIVE MORE THAN 4 DOSES IN 24 HOURS.**  
Do **NOT** use with any other medicine containing ibuprofen.



Weight	Age	Infant's Ibuprofen Drops (50 mg / 1.25 mL)	Children's Liquid Ibuprofen (100 mg / 5 mL)	Children's Ibuprofen Chewable Tablets (50 mg)	Junior Strength Ibuprofen Tablets (100 mg)	Adult's Ibuprofen Tablets (200 mg)
0 to 11 pounds (up to 5 kilograms)	0 to 5 months	_____	_____	_____	_____	_____
12 to 17 pounds (about 6 to 7 kilograms)	6 to 11 months	1.25 mL 	2.5 mL 	_____	_____	_____
18 to 23 pounds (about 8 to 10 kilograms)	12 to 23 months	1.875 mL 	4 mL 	_____	_____	_____
24 to 35 pounds (about 11 to 15 kilograms)	2 to 3 years	2.5 mL 	5 mL → 	2 tablets 	_____	_____
36 to 47 pounds (about 16 to 21 kilograms)	4 to 5 years	3.75 mL 	 ← 7.5 mL	3 tablets 	_____	_____
48 to 59 pounds (about 22 to 26 kilograms)	6 to 8 years	5 mL 	10 mL → 	4 tablets 	2 tablets 	1 tablets 
60 to 71 pounds (about 27 to 32 kilograms)	9 to 10 years	_____	 ← 12.5 mL	5 tablets 	2 ½ tablets 	1 tablet 
72 to 95 pounds (about 33 to 43 kilograms)	11 years	_____	 ← 15 mL	6 tablets 	3 tablets 	1 ½ tablets 
96 pounds or more (44 kilograms or more)	12 years or older	_____	10 mL + 10 mL = 20 mL 10 mL →  and 10 mL → 	8 tablets 	4 tablets 	2 tablets 