



**Centre Medical and
Surgical Associates, P.C.**
YOUR HEALTH CARE PROVIDER FOR LIFE

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Fever

IS MY BABY SICK?

Your child's fever might alarm you, but it rarely indicates a serious health danger. In fact, fever signals that the immune system is at work protecting the body from infection. The vast majority of fevers are caused by relatively minor viral infections which run their course within a few days.

It is often hard to tell when a baby is sick. With a newborn, you are just learning to recognize the patterns of your baby's behavior, and the baby is just beginning to develop a range of cries and facial expressions. Temperature can serve as an important guide during this early stage. **Below 2 months of age, you should always contact us if your baby has a temperature above 100.4° rectally.**

As the baby gets older, how she/he is acting is a much better guide to how serious an illness might be. Usually by three months of age, the baby has developed a fuller range of behavior and parents are very aware of their baby's typical behavior. You should monitor this behavior to determine how sick your child really is. A baby that is alert and playful is less alarming than one who is listless and not eating/playing.

WHAT IS CONSIDERED A "FEVER"?

Body temperatures vary throughout the day and are influenced by our biological clock, physical activity and surrounding conditions. Warm weather, exercising, drinking hot liquids, and overdressing can all raise body temperature. Temperatures also vary by the site at which they're measured—in the mouth, ear canal, rectum, or armpit.

Think of "normal" temperatures as a range instead of an exact figure. For example, normal rectal temperatures for infants range from 98.2 to 100.4 degrees Fahrenheit (36.8 to 38 degrees Centigrade).

For a child of any age, "fever" generally is defined as a temperature above 100.4 degrees Fahrenheit (38 degrees Centigrade).

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Fever

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HOW DO I TREAT A FEVER?

We recommend the following strategy in responding to your child's fever. This approach has three basic elements:

1. Monitor your child for signs of illness
2. Provide comfort
3. Know when to call a physician.

MONITOR YOUR CHILD FOR SIGNS OF ILLNESS

Fever generally indicates the presence of an illness. When you realize that your child has an elevated temperature, look for signs of illness such as:

- Loss of appetite
- Irritability
- Persistent crying
- Difficulty in breathing
- Vomiting or abdominal pain
- Unusual sleepiness
- Inability to swallow
- Ear pain
- Pain with urination
- Severe headache
- Sore throat
- Rash

MAKE YOUR CHILD COMFORTABLE

You can help your child feel better by following these simple tips:

- Give your child a fever-reducing medication which may temporarily reduce his/her fever. Acetaminophen (Tylenol, Tempra, and other brand names) is a common over-the-counter pain reliever and fever reducer. Ibuprofen (Advil, Motrin, and others) is also effective and has some additional anti-inflammatory properties. This can be given to infants 6 months of age and older. See the table on the following page for recommended dosages by age. **Always read directions before giving any medication!**
 - infants less than one year old can be given the liquid form by dropper
 - toddlers between ages one and two can take the syrups or sprinkle powders
 - children over two years can take the chewable tablets
 - suppositories can be given when vomiting persists
- Dress your child in clothing that is appropriate for the temperature. Don't listen to old wives tales that say to sweat fevers out. Have your child put on looser, lighter clothing. If she/he feels chilled, offer a blanket which can be easily removed when your child feels warmer.
- Give your child plenty of fluids to prevent dehydration.
- Keep your child at rest or quiet activity.

- Feed your child throughout the day. Since she/he isn't feeling well, your child will probably eat small amounts at a time.
- Never use rubbing alcohol on your baby to lower his/her temperature; alcohol can be harmful to your baby's skin and lungs.

NOTE: Do not give children aspirin. It has been associated with Reye's syndrome, a serious condition that can lead to coma and death. This guideline is especially important for children with chickenpox.

WHEN TO CALL THE DOCTOR

The following guideline is useful in deciding when you should call our office. Remember that this decision should not be based on temperature alone. Some children with a fever might not need a trip to the doctor's office, while others without a fever may need medical care.

To make sound decisions, pay as much attention to your child's behavior as to the numbers. Call us immediately if your child:

- Is less than 2 months old and has a temperature above 100.4 degrees Fahrenheit (38.4 degrees Centigrade) by rectum. Call even if your child otherwise seems fine just to be sure.
- Is between 2 and 3 months of age, has a temperature of more than 101 degrees Fahrenheit (38.4 degrees Centigrade) by rectum, and shows signs of illness as listed above.
- Is any age and has a temperature of 104 degrees Fahrenheit (40 degrees Centigrade) or more by rectum.
- Has taken fever-reducers for three days and the fever persists with other signs of illness.

— see dosage instructions on back —

Dosage Instructions

ACETAMINOPHEN DOSAGES taken every four hours

Age	Dose	Infant Drops 80mg/0.8ml	Elixir 160mg/5ml	Children's Tablet 80mg	Jr. Strength Tablet 160mg
0-3 months	40mg	½ dropper			
4-11 months	80mg	1 dropper	½ teaspoon		
12-24 months	120mg	1½ dropper	¾ teaspoon	1½ tablets	
2-3 years	160mg	2 droppers	1 teaspoon	2 tablets	1 tablet
4-5 years	240mg	3 droppers	1½ teaspoons	3 tablets	1½ tablets
6-8 years	320mg	4 droppers	2 teaspoons	4 tablets	2 tablets
9-10 years	400mg		2½ teaspoons	5 tablets	2½ tablets
11-12 years	480mg		3 teaspoons	6 tablets	3 tablets

Avoid combination products which contain aspirin or acetaminophen in addition to cold preparation (i.e., Co-Tylenol or Congespirin)

IBUPROFEN DOSAGES taken every 6 to 8 hours (for infants 6 months of age and older)

Weight	Age	Oral Drops 50mg/1.25cc	Suspension 100mg/5ml	Chewable Tablets 50mg	Chewable Tablets 100mg	Caplets 100mg	Tablets 200mg
12-17 lbs	6-11 mos	1.25ml	½ teaspoon				
18-23 lbs	12-23 mos	2.5ml	1 teaspoon	2 tablets	1 tablet		
24-35 lbs	2-3 yrs		1½ teaspoons	3 tablets	1½ tablets		
36-47 lbs	4-5 yrs		2 teaspoons	4 tablets	2 tablets	2 caplets	1 tablet
48-59 lbs	6-8 yrs		2½ teaspoons	5 tablets	2½ tablets	2½ caplets	1 tablet
60-71 lbs	9-10 yrs		3 teaspoons	6 tablets	3 tablets	3 caplets	2 tablets
72-95 lbs	11 yrs		4 teaspoons	8 tablets	4 tablets	4 caplets	2 tablets