



## FEVER

A fever is the body's normal response to infection and our natural way to fight infection. Normal body temperature is from 97° to 100°F (36.1° to 37.5°C). **A fever is a temperature of more than 100.4°F (38.0°C).** Fever does not cause illness; rather it is a symptom of illness, such as pain, cough, or congestion, and your pediatrician takes all of these symptoms into consideration when making a diagnosis. Fever by itself does not cause brain damage or other harm (though theoretical risk if temperature is greater than 107°F). Rather than being harmful, fever can be a benefit as evidence shows that the body's immune system is more effective at higher temperatures; however, higher temperatures make children more uncomfortable and feel miserable.

The most common cause of a fever in children is a minor infection like a cold. Most fevers are due to viral infections and range from 101°-104°F. Fevers due to viral illnesses generally last for 2-3 days, though sometimes can last up to 5 days. **The height of the fever does NOT relate to the seriousness of the illness. What counts is how sick your child acts or looks.**

### Treatment of Fever:

- The goal of fever treatment is to help your child feel more comfortable, NOT to make the temperature normal.
- Non-medication comfort measures include extra fluids and lighter clothes/blankets.
- Acetaminophen and Ibuprofen are two over-the-counter medications to help treat fever.
  - **DO NOT give aspirin to children.**
  - **DO NOT give ibuprofen to infants younger than 6 months old.**
  - Look at the packaging labels closely: make sure you are giving the correct medication at the correct concentration!
  - Generic/store brands are as effective as name brands and are much cheaper.
  - Most fevers can be treated with either acetaminophen or ibuprofen. If you choose to alternate both medications, the least confusing method would be to give each medication every 6 hours, so that one or the other is given every 3 hours.
  - Refer to dosing chart on back. Dosing is based on your child's weight, NOT age.

### Call Willow Creek Pediatrics immediately if your child:

- Is less than 3 months old and has a temperature higher than 100.4°F (38.0°C)
- Is crying inconsolably, having difficulty breathing, hard to awaken, very pale or mottled, or looks dehydrated (fewer than 3 wet diapers in 24 hours, dry mouth, or decreased tears)
- Has a fever higher than 104°F (40°C) or fever does not improve after you give acetaminophen or ibuprofen.
- Has a seizure (this can occur in 2-3% of children regardless of fever medication)
  - Place your child on his side and remove anything from his mouth. **DO NOT** place anything in his mouth.
  - Call 911 if seizure lasts more than 5 minutes.
- Has symptoms not mentioned above that are concerning to you.

## ACETAMINOPHEN (Brand names: Tylenol, Little Remedies, Mapap)



Weight (pounds)	Dose (in mg)	Infants' Liquid syrup (use syringe provided)	Children's Liquid syrup (use spoon provided)	Children's chewable tablets or meltaways	Junior strength chewable tablets or meltaways
Concentration →		160mg/5mL	160mg/5mL	80mg	160mg
6-11 lbs	40 mg	1.25 mL	1.25 mL (1/4 tsp)		
12-17 lbs	80 mg	2.5 mL	2.5 mL (1/2 tsp)		
18-23 lbs	120 mg	3.75 mL	3.75 mL (3/4 tsp)		
24-35 lbs	160 mg	5 mL	5 mL (1 tsp)	2 tablets	
36-47 lbs	240 mg		7.5 mL (1.5 tsp)	3 tablets	
48-59 lbs	320 mg		10 mL (2 tsp)	4 tablets	2 tablets
60-71 lbs	400 mg		12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
72-95 lbs	480 mg		15 mL (3 tsp)	6 tablets	3 tablets

## IBUPROFEN (Brand names: Advil, Motrin) **\*\*Not for infants under 6 months old\*\***

Example of Infant's Ibuprofen Packaging: Concentration is "50mg per 1.25mL"



Weight (pounds)	Dose (in mg)	Infant Drops (use dropper provided)	Children's Liquid (use syringe or spoon provided)	Children's chewable tablets	Junior strength chewable tablets
Concentration →		50mg/1.25mL	100mg/5mL	50mg	100mg
11-16 lbs	50 mg	1.25 mL	2.5 mL (1/2 tsp)		
17-21 lbs	75 mg	1.875 mL	3.75 mL (3/4 tsp)		
22-32 lbs	100 mg	2.5 mL	5 mL (1 tsp)	2 tablets	1 tablet
33-43 lbs	150 mg		7.5 mL (1.5 tsp)	3 tablets	1.5 tablets
44-54 lbs	200 mg		10 mL (2 tsp)	4 tablets	2 tablets
55-65 lbs	250 mg		12.5 mL (2.5 tsp)	5 tablets	2.5 tablets
66-87 lbs	300 mg		15 mL (3 tsp)	6 tablets	3 tablets
88+ lbs	400 mg		20 mL (4 tsp)	8 tablets	4 tablets

**\*\*\*Call Willow Creek Pediatrics (801-942-1800) immediately if a child under 3 months has a fever of 100.4°F or higher\*\*\***

- Check the bottle to make sure you are giving the correct medication and concentration.
- Use your child's weight to select correct dose. (Do not use age)
- Do not give acetaminophen or ibuprofen for more than 7 days.

### Acetaminophen:

- You can give a dose every 4 hours
- Do not give more than 5 doses in 24 hours
- Do not give your child more than one medication containing acetaminophen

### Ibuprofen:

- You can give a dose every 6 hours
- Do not give more than 4 doses in 24 hours
- Do not give ibuprofen to children under 6 months old