

Woodburn Pediatric Clinic

TREATMENT OF A FEVER

Fever is the body's way of fighting infection with bacteria or viruses. A child is considered to have a fever if the body temperature is over 100.4 degrees. It is usually not necessary to treat fever until they go over 101.0 degrees, unless the child is uncomfortable.

Some steps to manage fever:

- Do NOT overdress child or bundled up or covered since this prevents the extra heat from escaping.
- Make sure the child is drinking plenty of fluids. The body burns off a lot of fluid with a fever and will need to be replaced.
- Give acetaminophen every 4 hours or Ibuprofen every 6 hours as needed for fever more than 101F.
- NO acetaminophen or ibuprofen for child less than 2 months old. Baby needs to be seen if having fever more than 100F.
- Undress the child and put him in a comfortable, lukewarm bath. After a few minutes, take the child out of the bath and let him air dry. It is the evaporation that does the cooling.
- If fever goes over 104 degrees, child needs to be seen.

Call the clinic (503-981-5348) if:

- The child has a convulsion or seems delirious
- Fever lasts more than 4-5 days
- Child not able to keep medication in and has vomiting, difficulty breathing, worsening cough or ear pain
- The child has other symptoms besides fever that worry you.

WARNING: Do not use Aspirin for children.

May return to school if fever free for 24 h

