



*Committed to children's growth, health,
and development.*

Fever

What should be considered as a fever?

- Oral temperature over 99.5 F
- Rectal temperature over 100.4 F
- Axillary (under arm) temperature over 99 F
- Ear (tympanic) temperature over 100.4 F
- Temporal (forehead) over 100.4 F

(If you have any questions or you are not sure if the temperature you took is correct, we expect to hear from you!)

Causes:

When due to an infection, fever is one of your body's responses to fight the cause; either bacteria or a virus. A high body temperature is not necessarily an indication of a serious infection. Ear infections rarely cause a fever greater than 104 F but the flu commonly does. The most important point is not what your child's fever is, but how he is acting (any breathing difficulty, lethargy or a rash with purple (blood colored) spots or difficulty swallowing fluids).

Home Care Advice

1) Fluids orally in unlimited amounts

2) Dress in 1 layer of light weight clothing (avoid bundling).

3) Tylenol or Ibuprofen for fever above 102. The medicine usually lowers the fever by 2 to 3 degrees.

4) Lukewarm bath (not alcohol) for fever over 104 – If the child is too cold, dry the child off, warm the water and place the child back in the bath. Most fevers associated with a viral illness fluctuate between 101 and 104 and last 3 to 5 days.

The pediatrician will examine your child and may perform a throat culture to determine the nature of the infection. To do this, he will touch the back of your child's throat and tonsils with a cotton-tipped applicator and then smear the tip onto a special culture dish that allows the strep bacteria to grow if they are present. The culture dish usually is examined 24 hours later for the presence of the bacteria.

Please note: These guidelines are not meant to diagnose any condition, or treat any condition not diagnosed by a physician. They are provided for general information only. If you are concerned about your child's condition, call a physician or 911 immediately.