

# Fever

Fevers are very common in children and are a sign that your child may be sick or teething. A fever is the result of the body's immune system and may help the body's white blood cells (WBC's) work better in fighting off an infection. A fever is not dangerous unless it is above 106 degrees for many hours. Treating a fever with acetaminophen (Tylenol) or ibuprofen (Motrin, Advil) may make your child more comfortable but will not cure the fever. Use one or the other, do not alternate! The main treatment for a fever is directed at the cause (antibiotics for bacterial infections, time for viral infections). We will need to see your child for a sick visit to diagnose the cause of your child's fever. In infants, a rectal temperature is the most accurate.

## 1. Dosage of Acetaminophen or Ibuprofen products

Weight (lbs)	Age	Acetaminophen (mg)	Ibuprofen (mg)
6-11	0-3 mos	40	40
12-17 lbs	4-11 mos	80	80
18-23 lbs	12-23 mos	120	100
24-35 lbs	2-3 yrs	160	150
36-47 lbs	4-5 yrs	240	200
48-59 lbs	6-8 yrs	320	250
60-71 lbs	9-10 yrs	400	300
72-95 lbs	11 yrs	480	350

Dose can be given every 4 hours.

2. If the temperature is above 104 degrees F, you can use lukewarm water in addition to acetaminophen or ibuprofen. Let your child sit in the bathtub or use a washcloth and warm water. The cooling effects of the water are the result of water drying from the skin so you don't need to use cold water. The warm bath will lower the temperature over twenty to thirty minutes but it will go back up. If your child is shivering or uncomfortable during the warm bath, stop and bundle your child until they are comfortable again.

## 3. We need to see your child under the following conditions:

- Any fever over 100.4 degrees F in a child under 2 months of age
- A fever without any other symptoms that lasts longer than 24 hours
- A fever associated with earache, persistent cough or runny nose and congestion, vomiting for more than 8 hours, excessive crying without an obvious cause, listlessness, stools with blood or mucous, difficulty breathing, rash, headache or stiff neck. When reporting fevers, tell us what the temperature was and how you took it- do not add or subtract any degrees.



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Understanding & Treating Fever