



Treating Fever: Comfort is your goal!

For a parent, it's understandable to be concerned when your child has a fever. Usually, a fever is just a symptom of an infection or other condition. In most cases, a fever will go away on its own in 2 or 3 days.

If your child has a fever but is playing, eating, and behaving as usual, you may not need to do anything. But if your child feels bad, your treatment goal should be to help him or her feel more comfortable. Reducing the fever may help him or her feel more comfortable, but remember that your child's temperature may not have to return all the way to normal to provide improved comfort.

What you can do:

Fever reducers such as acetaminophen (found in Children's TYLENOL®) or ibuprofen if the child is older than 6 months of age (found in Children's MOTRIN®) may help make your child more comfortable. They usually work in 30 to 60 minutes. Ask your doctor for his or her recommendation. *Comfort Tip: A sleeping child is a comfortable child. Most pediatricians recommend that you not wake a sleeping child to give fever medicine.*

Other steps to consider: • Sponge child's body with slightly warm water (only if child finds it comforting). Stop if child begins to shiver. • Keep child cool with light clothing and a lower room temperature • Make sure child drinks lots of liquids

When to call your doctor:

- **Child is UNDER 3 months** (12 weeks) and has a temperature of 100.4°F or higher
- **Child is OVER 3 months** (12 weeks) – Has a temperature over 104°F **OR** Has a temperature over 100.4°F or higher plus any of these symptoms • Severe headache • Sore throat or ear pain
- Repeated vomiting or diarrhea • Stiff neck • Strange rash • Looks very ill, or extremely drowsy or fussy • Has been in a very hot place (like an overheated car) • Has underlying immune system problems, seizure history, or takes steroids • Has less than 3 wet diapers in 24 hours

Other reasons to call your doctor: • Child seems to be getting worse, even with comfort measures • Child is between 3 and 24 months and still has a fever (100.4°F or higher) after 24 hours • Child is 24 months or older and still has a fever (100.4°F or higher) after 3 days or still "acts sick" when the fever goes away.

