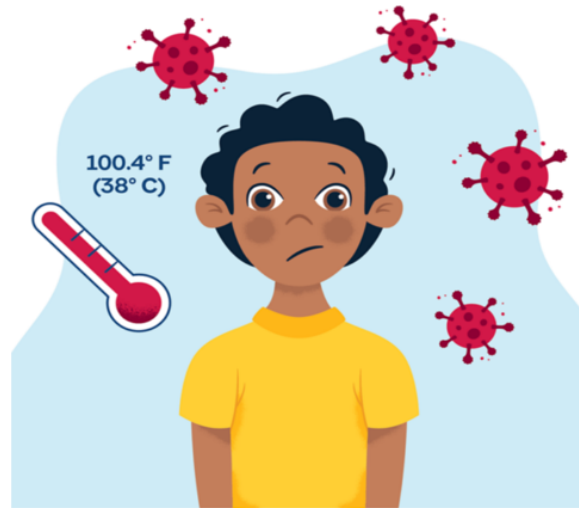


## How to Care for Your Child with Fever

This leaflet will provide you with information about Fever causes, diagnosis, treatment and home care advices.



### What is Fever?

- Fever occurs when the body's temperature is elevated above 100.4°F (38°C).
- Fever is a normal response to a variety of conditions, the most common of which is a viral and bacterial infections.
- Nearly all children will develop a fever at some point.

### How is Fever diagnosed?

- Your child temperature can be measured in different ways.
  - **Rectally:** this is the most accurate reading and is done in hospital
  - **Orally:** (in the mouth) using oral thermometer under the tongue. this method is suitable for children over 4 years.
  - **Under the armpit:** this is used for young children and infants who can't hold their thermometer in their mouth.
- The doctor will ask few questions about your child's health and examine your child. Your doctor will decide if further investigation or blood tests are required.

## How is Fever treated?

- In most cases, a child with a fever can be observed and/or treated at home.
- The fever itself does not need to be treated unless your child:
  - Feels uncomfortable.
  - Has an underlying medical problem, including diseases of the heart, lung, brain or nervous system.
- If the fever is causing discomfort to your child, the doctor would advise to give medicine for the fever, for example:
- Paracetamol or Ibuprofen (any brand)
- Follow the instruction on the medicine package for the correct dose for your child.
- Do not give your child Aspirin as this can cause serious complications.

## Home care advice

- Do not use glass mercury thermometer, they are dangerous if they break.
- Ensure that your child drink plenty of fluids.
- Ensure that your child gets enough rest.
- Ensure that your child eats food, they may refuse to eat. Offer simple food and regular drinks.
- If your child is vomiting, offer small frequent drinks as this is more likely to stay in the stomach.
- Do not try to control your child's temperature with lukewarm water sponging.
- Ensure that your child vaccinations are up to date.

## When should I seek medical advice?

### Seek medical advice if your child:

- Is less than 3-month-old and has a temperature of 100.4°F (38°C) or greater.
- Is any age over 3-month-old and has a temperature of 38°C or greater for two days or more.
- Has any medical problem, including diseases of the heart, lung, brain or nervous system.
- Has diarrhea that lasts more than two to three days or seems to be getting worse.
- Has vomiting that goes on for more than one day.

- Seems to be dehydrated, signs of dehydration include:
  - Urinating less than usual.
  - Not having tears when crying.
  - Being less alert and less active than usual.
- Has a specific symptom, such as:
  - Sore throat or ear pain
  - Pain when he or she urinates
  - New skin rash that does not fade away when you press with clear glass.
- If you are concerned about your child.

## **Go to the Emergency Department if your child:**

- Does not respond to you, has trouble waking up.
- Has trouble breathing.
- Has blue lips, tongue, or nails.
- Starts to lean forward and drool.
- Has a stiff neck.
- Has severe headache.
- Has severe belly pain.
- Has a rash or purple spot that look like bruises on the skin (that were not there before he or she got sick).
- Refuses to drink anything or seems too sick to drink enough.
- Irritable and will not stop crying.