

When should I call the doctor?

- If your **baby**, 5 months old or younger has a fever above 101 degrees, F, contact your doctor or emergency room.
- If your child is 36 months (3years) or younger and the fever is more than 101 degrees. **.. "AFTER TREATMENT AT HOME" . . . call your doctor or emergency room.**
- For older children and adults, contact your doctor or emergency room for fevers of 103degrees F and higher. **.. "AFTER TREATMENT AT HOME" . . . failed to lower the temperature below 103degrees.**
- Contact **you** doctor or emergency room if a child of *any* age has swollen joints, sore throat, earache, severe cough, wheezing, is not eating or drinking well, lethargic (weak cry or *drowsy*), has a convulsion (seizure), is twitching, confused, or has a stiff neck.

This brochure provides a general overview on this topic and may not apply to everyone. To find out if this brochure applies to you and to get more information on this subject, talk to your doctor.



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Red Lake Hospital Health Tip



Fever & Temperature Taking

**"What can I do
at home for
fevers?"**

What is fever? Fever is not a disease, it is a symptom. Fever is the body's way to fight an infection. This infection can be from germs.

There are two main kinds of germs that can make you sick Virus or Bacteria. Antibiotics *only* work against bacterial infections.

Fever in children The part of the brain that controls the body temperature is not well developed in children. In children, body temperature can vary due to activity, eating, emotion or the weather. Sometimes, a child's fever is a lot higher than you would expect it to be. Often times, the child won't look sick.

What is a normal temperature?

99.0–100.3 E If you take a temperature in the bottom

97.3–99.3 F If you take a temperature in the mouth

95.6–97.6 E If you take a temperature under the armpit

95.6–97.6 F If you take a temperature in the ear *only* use a thermometer specially made for the ear.

Tips when taking your child's temperature

Until a child is two years old the most accurate temperature is the bottom, then, under the arm, and finally in the ear. Before taking your child's temperature, have them sit quietly for one half hour. Do not let them eat or drink anything very hot or very cold for at least 15 minutes. Do not let them chew gum for at least 15 minutes.

Ways to lower the temperature at home

- Check the temperature every 2 to 4 hours,
- Check the temperature every hour if the temperature is going higher or if the temperature is more than 103 degrees.
- * Tylenol can be given every 3 to 4 hours for fever. Follow the directions on the bottle for age. Check with your doctor if the child is very small for age or very big for age.
- DO NOT GIVE ASPIRIN OR ASPIRIN-CONTAINING PRODUCTS (this includes Pepto-Bismol)
- If the child's fever won't come down with tylenol, you should sponge the child in luke warm water for 15 minutes to help lower the temperature. Do not use alcohol for sponging.
- Give extra fluids to drink.
- Avoid over dressing or covering with a lot of blankets.
- Daily activities should be adjusted for more rest, light meals and no heavy exercise (running, working hard).
- Eat light meals.

