

Is it a fever? Should it be treated?

95.8 - 99.9° F (35.5 - 37.7° C)	Normal temperature range
100 - 102° F (37.8 - 39° C)	Low grade fever: helpful for fighting germs. Treat if your child is uncomfortable.
102 - 104° F (39 - 40° C)	Average fever: helpful for fighting germs. Treat if your child is uncomfortable.
Over 104° F (40° C)	High fever: uncomfortable but harmless. Always treat.
Over 106° F (41.4° C)	Very high fever: important to bring it down. Treat the fever.
Over 108° F (42.3° C)	Dangerous fever: Bring it down and seek immediate medical care

When NOT to worry

Temperatures of up to 102.5 F

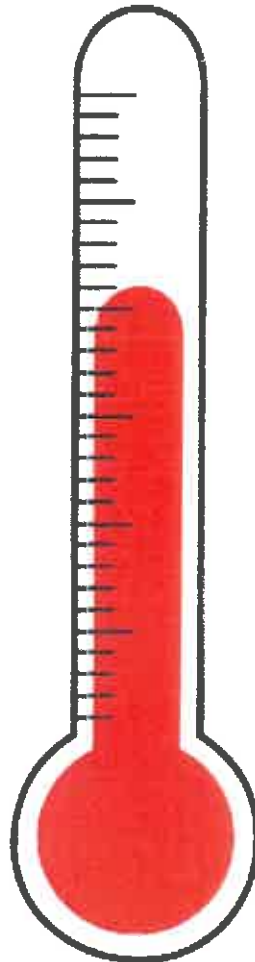
If your child is older than 3 months old, these temperatures can be a normal sign of fighting illness

Fevers that last LESS than 5 days

As long as your child's behavior is pretty much normal - playing, eating and drinking - you don't need to stress. It's ok if they're more tired than usual.

If your child recently got a shot

Low grade fevers can be normal if your child was just immunized. They usually last less than 24 hours.



When TO CALL your Pediatrician 518-798-9538

Fever in an infant less than 3 months old
A fever may be your baby's only warning sign that he or she is facing a serious illness.

Your child's fever is higher than 104° F and not coming down
Call if your child's fever is > 104 and not coming down with the use of medication (make sure you are giving the correct dose) within 2 hours.

Your child's fever lasts MORE than 5 days
Your pediatrician may need to investigate any underlying causes further.

Your child is not acting well
If your child is especially sleepy and it's difficult to wake them up or if they are not drinking well they may be dehydrated. Babies who aren't wetting 3 diapers a day and older children who aren't urinating every 8-12 hours are at risk of dehydration.

Febrile Seizures

These are an uncommon, but typically harmless, side effect of fevers in 2% - 4% of children under the age of 5. If you child is "twitching" and unresponsive:

- put you child on his or her side
- do NOT put anything in your child's mouth
- call your child's pediatrician
- call 911 if the seizure lasts more than 5 minutes

Acetaminophen (Tylenol and generic) Dosing Chart

Give dose indicated below every 4-6 hours as needed, do NOT give more than 5 doses in 24 hrs

child's weight	Liquid (160 mg/5ml)	Chewable (160 mg per tab)	Tablet (325 mg per tab)
6 - 11 lbs	1.25 ml	-	-
12 - 17 lbs	2.5 ml	-	-
18 - 23 lbs	3.75 ml	-	-
24 - 35 lbs	5 ml	1 tablet	-
36 - 47 lbs	7.5 ml	1.5 tablets	-
48 - 59 lbs	10 ml	2 tablets	1 tablet
60 - 71 lbs	12.5 ml	2.5 tablets	1 tablet
72 - 95 lbs	15 ml	3 tablets	1.5 tablets
> 96 lbs	20 ml	4 tablets	2 tablets

Ibuprofen (Motrin, Advil and generic) Dosing Chart

Give dose indicated below every 6 hours as needed, do NOT give more than 4 doses in 24 hrs

child's weight	Infant Drops (50 mg / 1.25 ml)	Children's Liquid (100 mg/5ml)	Chewable (100 mg per tab)	Tablet (200 mg per tab)
< 6 months old	do not give under 6 months of age			
12 - 17 lbs	1.25 ml	2.5 ml		
18 - 23 lbs	1.875 ml	3.75 ml		
24 - 35 lbs	2.5 ml	5 ml	1 tablet	
36 - 47 lbs	-	7.5 ml	1.5 tablets	
48 - 59 lbs		10 ml	2 tablets	1 tablet
60 - 71 lbs		12.5 ml	2.5 tablets	1 tablet
72 - 95 lbs		15 ml	3 tablets	1.5 tablets
> 96 lbs		20 ml	4 tablets	2 tablets

Keep things cool

- Keep your child's room comfortably cool
- Don't overdress or bundle
- Give you child a luke warm bath to cool them down

Prevent Dehydration

- Have you child drink a lot of water and other liquids to stay hydrated during the illness
- Try frozen treats like popsicles
- For a baby: offer extra formula or breastmilk throughout the day. Continue to breastfeed if you have a cold so you can pass on your body's natural germ fighters