

Fluids:

Give your child plenty of fluids such as popsicles, Pedialyte® and sport drinks.

✘ Do not give fruit juices when your child has vomiting or diarrhea – give Pedialyte.

Dress:

Dress your child in as few clothes as possible when the fever is up. Underpants, diapers, and T-shirts are fine. This will help the heat to escape from the skin.

✘ Do not bundle up in blankets.

✘ Do not sponge bath.

Urine or wetting:

If more than 12 hours goes by and your child does not urinate or wet a diaper, call your doctor.

Patient's name: _____

Special Instructions: _____

Date this card given: _____

Follow up appointment: _____

Fever in Children

If your child is not better in 24 hours, call your doctor. If your doctor is not available, return to the emergency centre.

A fever is when the:

- rectal temperature is above 38°C or 100°F
- oral temperature is above 38°C or 100°F
- axilla (armpit) temperature is above 37°C or 98°F

Medication to bring fever down:

- Give Acetaminophen, Tylenol or Tempra according to the directions on the bottle or package or follow these directions:

- Continue to give the fever medication in the right amounts, every 4 hours, as long as your child has a fever.
- You can continue to give antibiotic medication while you give fever medication.
- If your child has a history of febrile seizures, give the fever medication as soon as you notice a fever.

Turn over →