

Fever Guidelines:

Fever is a symptom of illness and is the body's normal response to infection. Fever helps fight infections by turning on the body's immune system. A low grade fever ranges from 100.4-101.3°F, moderate fever is 101.3-103°F, high fever is >103°F. Most fevers 100-104°F that children get are not harmful to the child. Fevers are most often caused by viral illnesses such as colds or flu. Some fevers are caused by bacterial illnesses such as strep throat or a bladder infection. Teething does not often cause a fever over 100°F.

Most fevers will last 2-4 days in duration. In general, the height of the fever does not correlate to the seriousness of the illness. The most important thing to monitor is how ill your child acts. A high fever does not cause permanent brain damage unless it is over 108°F. While all children get fevers, only 4% will develop a brief seizure from the fever called a febrile seizure. If your child has a 103-104°F temperature and there are no signs of seizure type symptoms they most likely will not have a febrile seizure.

When your child has a fever they should be kept comfortable. Encourage your child to drink extra fluids. Popsicles and iced drinks are helpful since the body loses fluids due to sweating from the fever. Clothing should be kept to a minimum since most of the body's heat is lost through the skin. Remember that fevers help your child fight infection. Use fever reducers, such as Ibuprofen and Acetaminophen, only if your child is uncomfortable. Acetaminophen can be used for children over 2 months of age. Ibuprofen can be given if over 6 months of age. **Dosage charts are located on our website and should be dosed according to weight, using the dispenser that comes with the medication.**

You should contact the office if your child has any fever and is less than 2 months of age. You should contact the office if your child is having any problems with breathing, is in pain, has a rash with the fever, seems listless, or appears dehydrated.

Normal temperature is 98.6°F rectally (range 97-99°F)

Birth to 2 months old -

For an elevated temperature of 100.4°F rectally or greater-Call the office for advice as the baby must be seen that day in the office or at a pediatric emergency department.

Infants 3 months to 5 months old -

For a mild temperature of 100.5°F or higher you may give acetaminophen (NO ibuprofen) if your child is uncomfortable. If the fever persists for more than 2-3 days or is over 102°F call the office for advice.

Infants 6 months to 18 months old -

For mild temperatures of 100.5-103°F - give acetaminophen or ibuprofen if they are uncomfortable. If fever persists for more than 2-3 days or your child has pain, is not acting normally, or has symptoms that concern you, please call for an appointment.

For elevated temperatures of 103°F or higher- administer medication and call the office for advice or a same day appointment.

Toddlers 18 months to 3 years old -

For mild temperatures of 101-103°F - give acetaminophen or ibuprofen if your child seems uncomfortable. If the fever persists for more than 2-3 days, your child is complaining of pain or is not acting normally please call for an appointment.

For elevated temperatures of 103 °F or higher - administer medication and call the office for advice or to schedule an appointment.

Children and Teens -

For temperatures of 101°F or higher you can give acetaminophen or ibuprofen if needed for comfort. If this persists more than 2-3 days, the temperature is higher than 104°F, or your child is complaining of pain or is not acting normally call the office for advice.