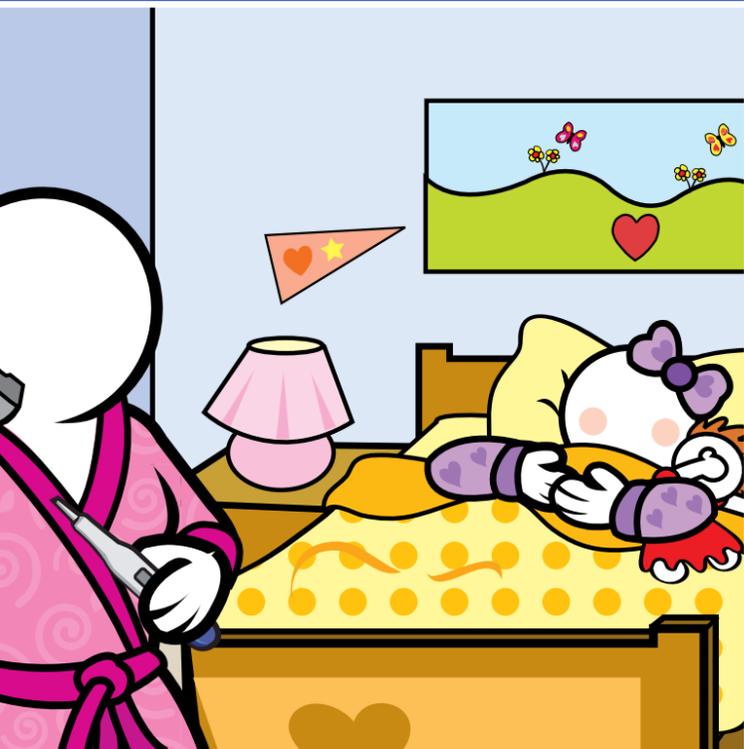


MOST CHILDREN WILL GET A FEVER AT SOME POINT. PARENTS NEED TO KNOW WHEN AND HOW TO RESPOND.

FEVER IN CHILDREN: WHAT PARENTS SHOULD KNOW



Destination Health



WHAT IS FEVER?

Fever happens when the body is fighting an infection or sickness. The body heats up, making it a less comfortable place for germs to spread.

SOME SYMPTOMS OF A FEVER:

- Sweating
- Shivering
- Dizziness
- Body aches/Headaches
- Feeling tired and weak



TAKE YOUR CHILD'S TEMPERATURE

Be sure to read and follow the instructions that come with your thermometer.



Infants (Up to 3 months)

Use a digital thermometer to take a rectal temperature.

Babies (3 months - 2 years)

Use a digital thermometer to take a rectal or temporal (forehead) temperature.

Toddlers (2-3 years)

Use a digital thermometer to take a rectal, temporal, axillary (armpit), or ear temperature.

Children (3 years and up)

Use a digital thermometer to take an oral (under the tongue) temporal, ear, or axillary temperature.

Do Not Use a Mercury Thermometer. If it breaks, it can be poisonous.

HELP YOUR CHILD FEEL BETTER:

- Keep your child hydrated.
- Keep your child's room cool.
- Dress your child in light clothing, and use a light blanket.
- Make sure your child gets rest.
- Use acetaminophen or ibuprofen.
- Call your Doctor for help.

Infants younger than 2 months should not take any medicine without seeing a Doctor first.

CALL YOUR DOCTOR RIGHT AWAY IF:

- Your child is younger than 3 months old and has a rectal temperature of 100.4° F or higher.
- Your child's fever rises above 104° F, regardless of age.
- Your child is younger than 2 years old and has a fever for more than 24 hours.
- Your child is 2 years old or older and has a fever for more than 72 hours.

SEEK MEDICAL CARE RIGHT AWAY IF YOUR CHILD HAS A FEVER AND:

- Trouble breathing
- Seizures
- A stiff neck
- A rash or purple spots
- Vomiting and/or diarrhea
- Severe headache and/or stomach pain

AVOID SPREADING GERMS

- ♥ Wash your hands with soap and water, or keep hand sanitizer with you.
- ♥ Teach children to cover their mouth and nose when coughing or sneezing.
- ♥ Do not share items like toys, blankets, and eating tools.

To learn more about fever in children, visit the sites below or call the **IEHP 24-Hour Nurse Advice Line at 1-888-244-4347 / 1-866-577-8355 TTY** Healthychildren.org • Healthykids.org AAP.org

IEHP complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-440-4347 (TTY: 1-800-718-4347). IEHP cumple con las leyes Federales aplicables de derechos civiles y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o género. ATENCIÓN: Si habla español u otro idioma diferente al inglés, le ofrecemos los servicios gratuitos de un intérprete de idiomas. Llame al 1-800-440-4347 o al 1-800-718-4347 (TTY). IEHP 遵守適用的聯邦民權法律規定, 不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-440-4347 (TTY: 1-800-718-4347)。

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