

2 Less clothing

When your child is having a high fever, the limbs may feel cold. Do not bundle up your child as this will cause a higher temperature. Keep clothing to minimum.



3 Maintain Good ventilation in the room



4 Encourage your child to Drink extra fluids



5 Sponging your child with lukewarm water each time for about 15 minutes may help to reduce the temperature. Do not use alcohol or ice pack which can cause constriction of blood vessels and further difficulties in heat loss.



We wish you a speedy recovery !

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Care of Your Child with Fever
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**Care of Your Child
with Fever**

What is fever?



Our normal body temperature is around 98.6°F or 37°C . It normally fluctuates during the day. Mild elevation by 1 - 1.5°C can be caused by exercise, hot weather or excessive clothing.

The definition of fever depends on the way of measuring temperature. Your child has a fever if his

Rectal temperature	>100.4°F (38.0°C)
Oral temperature	>99.5°F (37.5°C)
Axillary temperature	>99.1°F (37.3°C)
Tympanic	>100.4°F (38.0°C)

The above is fever

Note

The axillary (armpit) temperature is a less accurate measurement. Temperature readings may vary between different devices.

Should I take my child to see a doctor immediately?

Under certain conditions you have to take your child to see a doctor as soon as possible e.g.

1. if the temperature is persistently high
2. your child looks dull
3. there is a fit or twitching
4. your child is just a small infant



Why would a child have fever?

- Fever is only a symptom, not a disease. It is only a signal that our bodies are fighting infections.
- The commonest cause of fever in children is viral illnesses. Occasionally, it can be caused by more serious bacterial infections such as pneumonia, infection of the urinary tract or even meningitis.
- Antipyretic in itself has no direct value in the control of infections.



Home Care



1 Antipyretics

- Paracetamol is the most commonly used medicine to reduce fever. It has oral and rectal preparations.
- Fever helps your child to fight infections. Use medicine only if rectal temperature >38.5°C (101.5°F) or oral temperature >38.0°C (100.4°F) or axillary temperature >37.5°C (99.2°F) or tympanic temperature >38.50°C (101.5°F).
- Those under 2 to 3 months old should avoid paracetamol if possible, as excessive doses can cause damage to the liver.
- Use antipyretics as directed by your doctor. Do not give excessive doses. Medicine only brings the temperature down for a few hours. Taking antipyretic both orally and through rectal suppository may cause over-dosage, especially if this is done repeatedly. Fever will go up and down until the illness runs its course.
- Do not use aspirin in children under twelve. It can cause serious complications including the fatal Reye syndrome.

