

Fever in children

Fever is an elevation in the body temperature above 38° C. A child with a temperature of 37° C is said to have low-grade fever, but not fever.

To confirm that a child has fever we need to use a thermometer.

A fever is the body's natural response to infection and it is the most common sign of illness.

It can cause feelings of coldness, malaise, fatigue and loss of appetite but, in general, children handle fever well and it won't cause any eating disorders.

How do we use a thermometer?

Thermometers sold today are digital. To take temperature, put the thermometer in the armpit for about 2 minutes or until you hear a beep. Another way in infants is via the rectum.

What should I do if my child has fever?

- Remove excess clothing but be sure he is not cold (heavy clothing can increase temperature).
- **Give him water and juice to drink, but do not make him eat.**
- You can apply damp cloths to his skin.
- You can bathe him in lukewarm (never cold) water for a few minutes.

How is fever treated?

If the fever is still over 38° C after applying the above remedies and is accompanied by general discomfort, you can give antipyretics (paracetamol, ibuprofen) every 6 hours at the dose your pediatrician usually

recommends. Do not give antibiotics unless your pediatrician tells you to.



You need to see the pediatrician if:

- Your baby is under 3 months.
- The temperature is equal to or higher than 39° or it lasts longer than 2 days.
- A rash appears.
- The child is very irritable.
- The child has seizures.
- The child has a bad headache.
- There is persistent vomiting.
- There is extreme fatigue.