

Care of a Fever

Fevers are usually the symptoms of a viral infection. Treating a fever is necessary because they can be very uncomfortable.

Normal body temperature can range from 36.5 – 37.4 degrees celcius (97.7 and 98.6 F)

If a temperature is taken rectally, it is about 1 degree higher. If it is taken under the arm (axilla) it is about 1 degree lower.

Fever in infants under 3 months of age should be seen by a doctor as soon as possible.

You can treat a fever by:

1. Drink plenty of fluids to prevent dehydration
2. Try to remain cool. Do not use excessive covers or clothing, even though you may feel chilled.
3. Avoid excessive sweating.
4. Take acetaminophen (Tylenol) as directed on the bottle. Do not exceed the maximum daily dose.
5. If you have any open cuts or sores that appear infected (red, swollen, green or yellow discharge) seek treatment for these immediately, since this may be the cause of your fever.
6. If your fever is accompanied by a sore, swollen throat, seek treatment.
7. If the fever exceeds 38.5 degrees Celsius orally (by mouth), it is advisable to see a doctor.
8. If the fever does not respond to this treatment, and lasts for 24 hours or more, you should see a doctor.

Never give Aspirin (ASA) to a child unless instructed to do so by your doctor!