

Medication is not always needed. A child who continues to play and eat normally despite having a fever does not require medication. When treatment is required, the first choice is acetaminophen. Do not give acetaminophen to a child younger than 3 months without first talking to your doctor. Ask your pharmacist to show you which strength and form are best suited for your child, then calculate the appropriate dose based on your child's weight.

The second choice is ibuprofen. Ibuprofen should only be given if the child is drinking and eating reasonably well. Do not give ibuprofen to children under 6 months without first speaking to your doctor. Ask your pharmacist to recommend a product and advise you on the exact dose. Unless specifically advised by a health professional, children and teenagers with a fever should never take acetylsalicylic acid (e.g. Aspirin®).

For more information or support:

Canadian Paediatric Society
www.cps.ca

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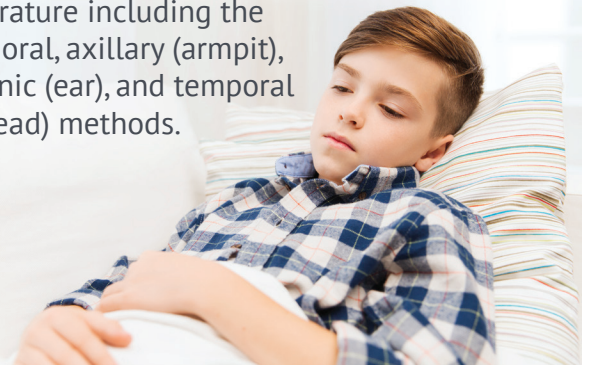
Fever in Children



A child has a fever when their rectal temperature is 38.0°C or higher. The most common causes of fever in children are infections, gastrointestinal problems, and immunizations. High fever is not reflective of the severity of an illness. A child's behaviour is usually a better indication of how sick they are.

Taking a Child's Temperature

There are several ways to take a child's temperature including the rectal, oral, axillary (armpit), tympanic (ear), and temporal (forehead) methods.



Guardian

This chart details the recommended method to measure a child's temperature based on age.

Age	Recommended Methods
Birth to 2 years	1. Rectal 2. Axillary
From 2 to 5 years	1. Rectal 2. Tympanic, Axillary
Older than 5 years	1. Oral 2. Tympanic, Axillary

There are several types of thermometers. Oral and rectal thermometers are easy to use and accurate. These thermometers are preferred over mercury thermometers, which are no longer recommended. Infrared ear thermometers are convenient, but can give lower readings and are not as accurate as rectal thermometers. Temporal thermometers use promising technology, but lack accuracy.

Normal temperature ranges measured at different body sites vary.

Do's and Don'ts

A child who is feverish should rest and drink plenty of fluids. Remove heavy blankets and clothing so heat can leave the body. Avoid removing all clothing as they could start shivering, which could generate more body heat and cause their temperature to rise. Alcohol rubs and lukewarm sponge baths are not recommended.

See a doctor if your child:

- Has a fever lasting more than 72 hours
- Has a rash or red blotches
- Has seizures
- Is lethargic, unresponsive
- Is fussy or irritable
- Is crying inconsolably
- Is vomiting repeatedly
- Is wheezing or coughing persistently

Babies younger than 3 months old with a fever should see a doctor or go to a hospital immediately.

Use this chart as a guide when measuring temperature.

Method	Fever °C °F		General Comments
Rectal	Higher than 38.0	Higher than 100.4	Cover tip with lubricant and insert 2.5cm into rectum
Oral	Higher than 37.5	Higher than 99.5	Place under tongue and close mouth
Tympanic	Higher than 38.0	Higher than 100.4	Use a clean probe every time Tug ear back, insert into ear canal Variation can occur between different thermometers
Axillary	Higher than 37.5	Higher than 99.5	Use rectal or oral thermometer Place in centre of armpit with arm tucked against body