

Fever Therapy

If your child has a fever, there are several things you can do to bring the temperature down at home. Generally, fevers less than 102° do not require treatment and frequently accompany mild illnesses such as colds, diarrhea, ect. If your child appears unusually ill or if the fever persists, you should consult your doctor. Infants (under 2 months of age) with a rectal temperature of 100° or above should be seen by their physician.

Skin Exposure: Children lose heat through their skin. Dress the child lightly. If you use sleepers, blankets or heavy clothes, this will prevent the loss of heat and the fever will get higher.

Fluids: Fevers are higher if a child does not have enough fluids in his/her body. Give plenty of fluids to prevent dehydration and to make the child more comfortable.

ACETAMINOPHEN DOSING (every 4 hours)

Weight	Age	Infants Oral Suspension 160 mg/5ml	Children's Oral Suspension 160mg/5ml	Chew-able 80 mg/tab	Junior 160mg/tab	Adult 325mg/tab
6-11 lbs	0-3 months	1.25 mL				
12-17 lbs	4-11 months	2.5 mL				
18-23 lbs	12-23 mos	3.75 mL				
24-35 lbs	2-3 yrs	5 mL	5 mL (1 tsp)	2 tab	1 tab	
36-47 lbs	4-5 yrs		7.5 mL (1.5 tsp)	3 tab	1.5 tab	
48-59 lbs	6-8 yrs		10 mL (2 tsp)	4 tab	2 tab	1 tab
60-71 lbs	9-10 yrs		12.5 mL (2.5 tsp)	5 tab	2.5 tab	1 ¼ tab
72-95 lbs	11-12 yrs		15 mL (3 tsp)	6 tab	3 tab	1 ½ tab

IBUPROFEN DOSING (every 6-8 hours) *Not for children under

Weight	Age	Oral Suspension 100mg/5mL or 1 tsp	Junior Strength 100mg/tab
6-11 lbs	0-5 mos		
12-17 lbs	4-11 mos	2.5 mL (½ tsp)	
18-23 lbs	12-23 mos	3.75 mL (¾ tsp)	
24-35 lbs	2-3 yrs	5 mL (1 tsp)	
36-47 lbs	4-5 yrs	7.5 mL (1 ½ tsp)	1 ½ tab
48-59 lbs	6-8 yrs	10 mL (2 tsp)	2 tab
60-71 lbs	9-10 yrs	12.5 mL (2 ½ tsp)	2 ½ tab
72-95 lbs	11-12 yrs	15 mL (3 tsp)	3 tab

6 mos old.

Sponging: If the temperature will not return to <103 with the above measures, you may use a lukewarm bath or sponge to lower the fever. DO NOT USE COLD WATER OR ALCOHOL. Rub the skin briskly with a washcloth so the blood will come to the surface where it can be cooled. If the child develops chills, stop sponging and in a short while start again. Be sure the water is lukewarm. Bathe the child no more frequently than every 2 hours. It usually takes 20-30 minutes in the tub to bring the fever down.