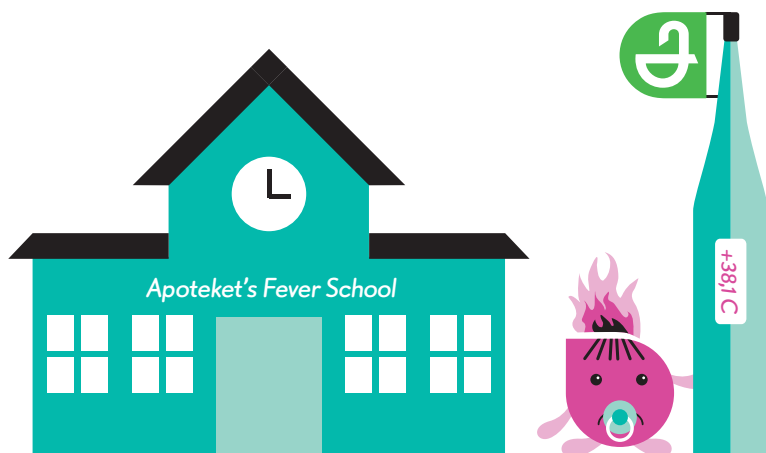


When a child has fever

The fever school

There are two things great about the fever school. Firstly, it will give you valuable information of what fever is and secondly you will learn what to do when a child has fever. We want to give you the right tools for how to help a child with a fever.



What is fever?

A fever is when your body temperature is higher than usual. It is a natural bodily defense against bacteria and virus. A fever is not an illness but a symptom of an underlying condition. Moreover, it is an infection which in most cases is harmless and heals itself.

Over 38 degrees

Generally speaking, fever equals a body temperature above 38 degrees Celsius. Normally you read the temperature by one decimal, for examples 38,2 or 38,5.

Fever again?

Children are more susceptible to fever than adults. However, this does not mean that they are particularly ill. Fever is a natural symptom of infection and more than often heals itself. Most importantly, it is necessary to evaluate how the child is feeling overall.

Ways to make it easier to have fever

When a child has fever there are ways to ease the situation. Dress the child cool and let the child decide how active they want to be. When a child is asleep it may be good to raise the head end of the bed. It reduces swelling and can reduce the risk of ear and sinuses problems.

Drink more

A child with fever needs a lot of liquid. If possible, give the child small amounts of fluid often rather than lots of fluid at once. Sometimes one tablespoon at a time is considered enough and eating a popsicle may be preferred over drinking a glass of water. After all, a popsicle is also fluid – only frozen. Make sure the child goes to the bathroom properly. Children should pee several times a day.

Wait to check the temperature

Children who have been playing or been physically active get slightly higher body temperatures, so let the child rest for 30 minutes before measuring the temperature. Infants should be undressed when measuring the temperature, since clothes can increase the body temperature. Also, be sure to measure the temperature with the same thermometer on the same place of the body every time. The result will be easier to compare rather than measuring the temperature on different places on the body.

Measure the temperature on infants

For children under the age of one year it is recommended to measure the temperature in the rectum. For children up to six months only the tip of the thermometer should be inserted. Preferably, the tip of thermometer should be lubricated with ointment or oil, in order to easily insert the tip. If you use a digital thermometer it will beep when done measuring the temperature, usually after 15-30 seconds.

Control the temperature on children

A better alternative for children one year old or older, is to measure the temperature using an ear thermometer. For an accurate measurement, follow the instruction on the thermometer. Furthermore, do not measure the temperature in the ear of a child who's just been laying on a warm pillow or been exposed to cold outdoor climate. This affects the temperature; instead wait for 10-15 minutes before taking measurements.



How often should the temperature be measured?

Measure the temperature in the morning and in the evening. However, keep in mind that how a child is feeling determines whether treatment is needed and if you should contact your healthcare provider.

Time for antipyretic drugs

Antipyretic drugs will often make children feel more energetic and positive about eating and drinking. Nevertheless, there is no precise temperature which can determine if you should give an antipyretic drug or not. Instead, make sure to check how the child is feeling since it is seldom necessary to give antipyretic drugs to children who feel fine despite having fever.

Paracetamol or ibuprofen

The most common antipyretic drugs contain paracetamol (e.g. Alvedon and Panodil) or ibuprofen (e.g. Ipren). They are available in tablets, liquid solution, and suppositories. Paracetamol can be given to children from the age of 3 months and ibuprofen from the age of 6 months. For children under 6 months it is advised to consult a doctor before giving antipyretic. Do not give paracetamol or ibuprofen over a period longer than two to three days without asking a doctor for advice. If the child is over 12 years you may give paracetamol for up to three days. You should be extra careful giving ibuprofen (or similar preparations) if the child is having difficulties drinking, is vomiting or having severe diarrhea. Consequently, it may be harmful for the kidneys.

Adolescents

Adolescents under the age of 18 with a fever should avoid acetylsalicylic acid (e.g. Aspirin, Treo and BamyI). If the fever is caused by chickenpox it should not be treated with ibuprofen (or similar preparations), due to higher risk of serious adverse effects.



After you have given an antipyretic drug

Antipyretic drugs are effective, on the other hand do not always lower the body temperature below 38 degrees Celsius. Moreover, it is not a sign of a severe condition. The reason for taking antipyretic is not for children to become fever free but for children to feel more brisk and have the energy to drink and possibly eat food or ice cream.

Sleep tight

The child's health conditions will determine whether medication should be given or not. It is not necessary to wake a child to administer antipyretic drugs, if not advised by your healthcare provider. Keep in mind that the body temperature is often higher in the afternoon and evening, contrary during night time when it usually goes down.

...ZzzzZZzzzZz...
ice cream...snow...zZzz...



When should you contact your health provider?

Children tolerate fever quite well. A fever is often less harmful if the child eats and drinks well and is happy and comfortable. For most cases of virus infection recovery is expected after 4 days. However, if the fever lasts longer or goes down after 3 days followed by an increase of the body temperature, you should contact your healthcare provider. This is also the rule for children with symptoms such as difficulty to wake up, feeling of sadness, pain, pale skin, skin bleeding, little urination or who seems to have difficulty breathing. Does the child have fever for uncertain reasons, please contact a doctor. For example, fever is sometimes the only symptom of urinary tract infections in children.

Over 41 degrees

Your doctor should immediately be contacted if the child has fever with a body temperature over 41 degrees. This also applies to children when they're not responding to contact as usual, do not want to eat or drink, are vomiting or have diarrhea, get sudden headache or fever cramps for the first time.

Infants with a high fever

If the child is younger than 3 months and has a body temperature of 38 degrees or above, or if a child is 3-6 months with a body temperature of 39 degrees or above, it is important to contact a doctor. This also goes for children under the age of one year with a body temperature below 35 degrees (hypothermia). Remember that the fever itself is not harmful; however it is important to understand the underlying reason behind the fever. Therefore, you should visit a doctor.

About fever cramps

Fever cramps primarily affect children between the ages 1 to 5 years. Most children never get fever cramps, despite how high their body temperature is; but for some this is possible. Even if the fever cramps seem scary, it is good to know that it rarely is harmful for the child. Keep in mind not to hold the child steady but try to put the child on its side. If possible, keep body contact and make sure that no items are close to avoid getting injured. If it is the first time the child shows signs of fever cramp, please seek healthcare to rule out any other cause. If the cramp



sustains over 5 minutes please call for an ambulance. Antipyretic drugs and other cooling techniques do not prevent from fever cramps; on the other hand if the body temperature lowers the child could feel better.

Confusion – discomforting but not harmful

In some cases children with fever can feel short term confusion. They may feel dizzy and may experience, feel and hear things that do not exist. It's not strange if you or your child feels discomfort, however it is not harmful and should pass after a while.

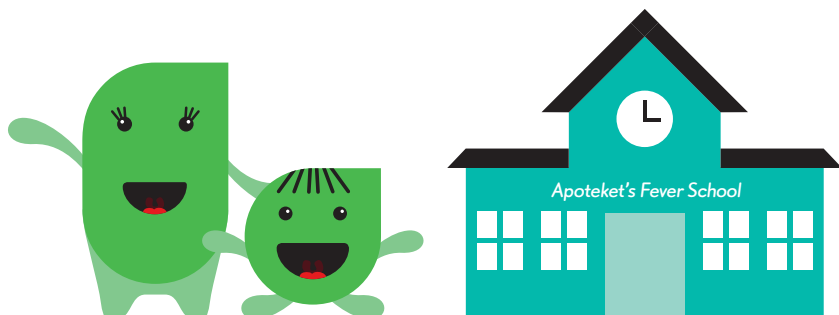
Back to pre-school or school?

Even if the fever has passed it is the child's overall health condition which determines whether the child should go to pre-school or school. He or she should be alert, have an appetite and have energy to be active. Therefore, it is important to let the child stay home one day after recovering from fever in order to gather some strength.

Good to have at home

A thermometer and antipyretic drugs should always be in hand at home. A rectal thermometer (e.g. Telfo) is suitable for the youngest and an ear thermometer (e.g. Braun Thermascan) for children over one year. More detailed information regarding pharmaceuticals is available in the leaflet or fass.se.

Please ask Apoteket for guidance!





When you want more advice

At Apoteket you can get self-care advice and help to choose fever-reducing drugs. We can also refer to the healthcare when needed. You can always call 1177 to reach the healthcare counsel. They are open 24 hours a day and can help you determine if it is time to seek healthcare and where to go. In case of emergency and life threatening conditions, call the ambulance at 112.

Tel: 0771-450 450
apoteket.se

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Vi gör det enklare att må bra