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Wyoming Healthy Together Program
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Kid Care: Fever

Fevers are only a symptom of something else happening in the body. Your child can have a fever and not look or feel hot. So always take your child's temperature for at least 1 minute before deciding how serious a fever is. Here are some things you can do if your child has a fever.

Comfort Care for Fevers

If your child has a fever, check his or her temperature several times a day. And try the following:

- Give fluids to replace those lost through sweat. Frozen juice bars are one way to provide fluids.
- If the child is uncomfortable, cool sponge baths and acetaminophen can help reduce the fever.
- **Never give aspirin to anyone 18 or younger.**



Facts About Fevers

- The most accurate way to take a temperature in a young child is with a rectal thermometer. Ask your doctor for instructions if you're uncomfortable using one.
- A fever may need medical attention if it is: 100.0°F or higher in a child under 3 months. 101.0°F or higher in a child 3-36 months. 103.0°F or higher in a child over 36 months.
- Dress your child lightly, with only enough covers to stay comfortable. You want the body to warm itself, helping it to fight infection.
- Remember that exercise, eating, excitement, or hot or cold drinks can all affect your child's temperature.
- A child's reaction to fever varies. Your child may feel fine with a high fever or feel miserable with a slight fever.

When to Call Your Doctor

Call the doctor's office if your child has any of the signs or symptoms described below:

- A high fever (see "Facts About Fevers" for more information) or a fever that lasts more than 2 days, despite medication
- Rapid breathing or shortness of breath
- A stiff neck or headache
- Difficulty swallowing
- Persistent brown, green, or bloody mucus
- Signs of dehydration, which include severe thirst, dark yellow urine, infrequent urination, dull or sunken eyes, dry skin, and dry or cracked lips
- Your child still doesn't look right to you, even after taking a nonaspirin pain reliever