

Discharge Instructions

FEVER CONTROL

[Child]

Normal body temperature varies from child to child and from morning to evening. But a fever is present when the temperature is above 99.5° F (37.5.0° C) oral, or over 100.4° F (38.0 C) rectal or ear. Fever is a natural reaction of the body to an illness. It actually helps the body to fight infections. In most cases, the temperature itself is not harmful. Fever under 101.0° F (38.3° C) oral, or under 102.0° F (38.9° C) rectal/ear does not need to be treated unless your child is uncomfortable or has a history of febrile seizure.

HOME CARE:

- 1) If your child feels hot, then check the temperature.
 - Under 3 months: Measure a RECTAL temperature.
 - 3 months to 4 years: Measure a RECTAL temperature, or an EAR temperature.
 - Over 4 years: Measure an ORAL temperature, or an EAR temperature.

NOTE: Ear temperature is not as accurate as a rectal or oral temperature, but is more convenient and can be used. Other methods such as plastic strips, forehead devices, and pacifier thermometers are even less accurate and they are not recommended. If you do not know how to use a thermometer, ask your nurse or pharmacist.

- 2) If the temperature is over 101.0° F (38.3 C) rectal/ear or 100.0° F (37.8° C) oral, then give acetaminophen (Tylenol) every 4-6 hours. If your child can't take or keep down oral medicine, ask your pharmacist for Tylenol suppositories, which you can get without a prescription. For children over 6 months of age, if the fever is over 104.0°F (40.0°C) rectal or 103.0°F (39.4°C) oral/ear and does not respond to Tylenol within one hour, then give Children's Motrin (ibuprofen). If this works, then keep giving the ibuprofen every 6-8 hours.
- 3) Once the fever is controlled, keep giving either the Tylenol or ibuprofen. (Give whichever works best). If either medicine alone does not keep the fever down, you may alternate the two medicines every 3-4 hours. (For example, give Motrin then wait three hours, give Tylenol then wait three hours, give Motrin, etc.)
- 4) SPONGE BATH: If the above methods do not bring down a high fever, then sit the child in 2 inches of lukewarm water (neither cold nor hot). Sponge water onto the scalp, chest and back for 20 minutes. (Do not sponge with alcohol.) As the water evaporates it cools the body. If your child begins to shiver, you are cooling too fast. Recheck your child's temperature.
- 5) CLOTHING: Keep clothing light because excess body heat is lost through the skin. The fever will go up if you dress your child in extra layers or wrap your child in blankets.
- 6) FLUIDS: Fever makes a person lose water through evaporation. For infants under 1 year old, keep giving regular feedings (formula or breast). Between feedings, give Oral Rehydration Solution (Pedialyte, Infalyte, Rehydralyte – which you can get from grocery and drug stores without a prescription). For children over 1 year old, give plenty of cool fluids like water, juice, Jell-O water, 7-Up, ginger ale, lemonade, Kool-Aid or popsicles.
- 7) Do not use ASPIRIN in anyone under 18 years of age who is ill with a fever. It may cause severe liver damage.

FOLLOW UP with your doctor or as advised if your child doesn't improve after 48 hours.

Discharge Instructions (con't)

RETURN PROMPTLY or contact your doctor if any of the following occur:

- Fever goes up to 105.0°F (40.5°C) rectal/ear or 104.0°F (40.0°C) oral
- Fever stays over 102.0°F (38.9°C) rectal/ear or 101.0°F (38.3°C) oral for more than three days
- Fast breathing (birth to 6 wks: over 60 breaths/min; 6wk-2yr: over 45 breaths/min, 3-6yr: over 35 breaths/min, 7-10yrs: over 30 breaths/min, more than 10yrs old: over 25 breaths/min)
- Earache, sinus pain, stiff or painful neck, headache, repeated diarrhea or vomiting
- Child is unusually fussy, drowsy, or confused, or has a seizure
- New rash or purple spots
- No wet diapers for 8 hours, no tears when crying, "sunken" eyes or dry mouth

ACETAMINOPHEN (TYLENOL) DOSE

WEIGHT (lbs)	DOSE (mg)	INFANT (ml)	CHILDREN'S SUSPENSION (teaspoon)	CHILDREN'S MELTAWAYS (80 mg each)	JR. TYLENOL MELTAWAYS (160 mg each)
6-11	40	0.4	x	x	x
12-17	80	0.8	1/2	x	x
18-23	120	0.8+0.4	3/4	1	x
24-35	160	0.8+0.8	1	2	x
36-47	240	x	1-1/2	3	x
48-59	320	x	2	4	2
60-71	400	x	2-1/2	5	2-1/2
72-95	480	x	3	6	3

[Give one dose every 4-6 hrs, not to exceed 5 doses in 24 hrs.]

[Drops: 80mg in 0.8ml; Elixir: 160mg per 5ml (1 tsp)]

[This table shows the highest dose recommended for the low end of each weight range (15mg/kg or 6.8mg/pound).]

IBUPROFEN (MOTRIN or ADVIL) DOSE

WEIGHT (lbs)	DOSE (mg)	INFANT DROPS (ml)	CHILDREN'S SUSPENSION (teaspoon)	CHILDREN'S CHEWABLE (50 mg each)	JUNIOR STRENGTH CHEWABLE or TABLET (100 mg each)
12-17	50	1.25	x	x	x
18-23	75	1.875	x	x	x
24-35	100	x	1	2	x
36-47	150	x	1-1/2	3	x
48-59	200	x	2	4	2
60-71	250	x	2-1/2	5	2-1/2
72-95	300	x	3	6	3

[Give one dose every 6-8 hrs, not to exceed 4 doses in 24 hrs.]

[Drops: 50mg/1.25ml, 40mg/1ml. Use measuring device provided. Suspension: 100mg/5ml teaspoon]

[This table shows the highest dose recommended for the low end of each weight range (10mg/kg or 4.5mg/pound).]