

Fever



Your child has a fever.

Fever is the body’s way of fighting infection. You don’t always have to treat a fever. It may be harder for the body to fight an infection if you do.

Here are some things you can do at home to help your child feel better:

- Be sure your child gets plenty of rest and liquids (such as water).
- Dress your child in light clothing, and keep your child indoors until the fever breaks.
- Do not bathe your child to bring a fever down. If your child gets chilled and starts shivering, your child’s fever may get higher instead of lower. Your child can have a short bath to get clean while sick.

How do I take my child’s temperature?

- A good way to take your child’s temperature is with an oral digital thermometer. Most children over the age of 5 years can hold a thermometer in their mouths.
- Take your child’s temperature at least 20 minutes after eating or drinking. The mouth may be hotter or colder than the rest of your child’s body if your child ate or drank in the last 20 minutes.

Can I give my child any fever medicine?

- If your child feels very bad, you may want to give your child medicine to bring his or her fever down. Acetaminophen (such as Tylenol™, Tempra™, or generic brands) or Ibuprofen (such as Advil™, Motrin™, or generic brands) may help your child feel better.

- Follow the directions on the medicine label for how much medicine to give and how often it can be given. Do not give your child more medicine than the directions tell you unless your child’s health care provider says it is okay. Too much medicine can be harmful.

Do NOT give your child aspirin. Children sometimes get very sick when they have a virus and take aspirin.

Contact your child’s health care provider to find out what you need to do if your child has a fever and other problems such as:

- Will not drink liquids
- Irritable
- No energy
- Diarrhea
- Vomiting
- Problems going to the bathroom
- Skin rash or sores
- A stiff neck
- A bad cough
- A hard time breathing
- A seizure
- Your child does not feel better in one or two days
- Your child’s temperature is 101° F or higher by mouth or 100° F or higher under the arm
- Your child acts like he or she feels very bad

Brand names used in this document are only meant to be examples. SC DHEC does not endorse any of the brand names in this document.

Children who have a fever should stay at home until the fever has been gone for 24 hours, without the use of fever-reducing medicines. For additional information about exclusion when a child has a fever, see the DHEC Child Care and School Exclusion Lists of Contagious or Communicable Diseases at <http://www.scdhec.gov/health/disease/exclusion.htm>

Child’s Name _____

School Nurse _____

Date _____

School _____

School Phone Number (_____) _____



www.scdhec.gov/health/disease/exclusion.htm