FEVER IN CHILDREN

Increased temperature (subfebrile) - 37.0 - 37.9 °C, the body’s defense mechanisms are functioning, it is not necessary to reduce the elevated temperature with antipyretics

Fever (febrile) - temperature above 38 °C measured with a frontal, ear or axillary thermometer, above 38.5 °C measured rectally. The body’s defence mechanisms cease to function, there is a risk of exhaustion of the body, in children under 6 years of age there is also a risk of febrile convulsions, therefore it is necessary to reduce the fever with antipyretics or physical cooling.

Hyperpyrexia - temperature above 41 °C

CAUSES OF FEVER:
Fever is a symptom that accompanies many diseases. Most often it is a symptom of a viral or bacterial infection, but also of other diseases. In most viral infections, the fever subsides after 2 - 3 days.

HOW TO REDUCE FEVER?
Fever can be reduced by medications, called antipyretics, or physically
Antipyretics include paracetamol and ibuprofen. Both drugs have an analgesic effect, i.e. they also counteract pain. In a child with fever, we can alternate paracetamol with ibuprofen after 3 - 4 h.
Paracetamol and ibuprofen are available in all of the following dosage forms: tablets, syrup, suppositories

Dosage of antipyretics: to achieve optimal effect, the dosage of antipyretics should be determined as accurately as possible according to the child’s body weight according to the package leaflet.

Indicative doses:
paracetamol - single dose 10 - 15 mg/kg, ibuprofen - single dose 7,5 - 10 mg/kg

Physical temperature reduction: washing the body with lukewarm water, or wet and cold towels to the groin, armpits, where there are large blood vessels. Do not cool cold limbs!

WHEN TO SEE A DOCTOR WITH A FEVER:
- with a child under 3 months old
- when the fever does not go down on the 3rd day
- repeated vomiting
- apathy, sleepiness of the child
- stiff neck - the child cannot bend his head
- marbled skin
- blood spots on the skin
- temperature over 39.5 °C for 24 hours
- when the child refuses fluids
- shortness of breath

FURTHER CARE FOR A CHILD WITH FEVER:
- bed rest at home (no outings, no collective!)
- increased supervision
- checking body temperature
- increase fluid intake
- one layer of clothing to avoid overheating (not 3 layers of clothing, blankets!)