

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!)

