



Children's National

# The DO's and DON'Ts of Fevers in Children

Here are some things you should and shouldn't do next time your child gets a fever.



## FEVER DO'S



Do call your child's healthcare provider if your child is 3 months old or younger and has a fever of 100.4°F (38°C) or higher.



Do use medication such as acetaminophen or ibuprofen.



Do watch doses of medicine.



Do dress your child lightly.



Do give your child a lukewarm (not cold) bath or apply cold washcloths.



Do encourage your child to get plenty of rest.



Do keep your child hydrated.



Do watch for any unusual symptoms like seizures, swelling, wheezing or unresponsiveness.

## FEVER DON'TS



Don't give your child aspirin.



Don't use ice baths or allow your child to shiver from cold water in the bath.



Don't use alcohol baths.



Don't "starve a fever."



Don't bundle your child up in very warm clothing.



Don't send your child to daycare or school until the fever breaks.