

CHILDREN'S FEVER & PAIN MANAGEMENT

Information for Parents & Caregivers

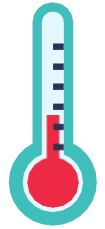
In the event that you are unable to find the appropriate medication for your child, we recommend using the following guideline as part of your discussion with a health care provider.

WHAT IS A FEVER

- A fever is a rise in body temperature above normal range.
- It is usually a sign that the body is fighting an infection.
- A fever itself is generally harmless and possibly even helpful.
- Fevers don't always need to be treated.
- How your child looks and behaves is most important (e.g. sleep patterns, mood, energy level).



Method	Normal Temperature Range
Rectum	36.6°C to 37.9°C (97.9°F to 100.2°F)
Mouth	35.5°C to 37.5°C (95.9°F to 99.5°F)
Armpit	36.5°C to 37.5°C (95.9°F to 99.5°F)
Ear	35.8°C to 37.9°C (96.4°F to 100.2°F)



TAKING CARE OF A CHILD WITH A FEVER AT HOME

When a child is sick, one of the main goals is to relieve discomfort and promote rest. Treating a fever does not directly shorten the time your child will feel ill.

- Give extra fluids. Children need to drink more water when they have a fever.
- Dress your child lightly in one layer of clothing. Don't wrap your child in blankets, even if they are shivering.
- You may use acetaminophen or ibuprofen when an infant or child is in pain or is uncomfortable because of a fever.
- Do not use Aspirin® (acetylsalicylic acid) to treat a child's fever.

WHAT SHOULD I DO IF I NEED TO USE ACETAMINOPHEN OR IBUPROFEN

- Your pharmacist or health care provider can help you choose the right formulation for your child's needs based on what products are available.
- It is best to use a pediatric measuring cup, spoon or syringe to give liquid medications to children.
- These medications come in a variety of dosage forms which may vary in strength, such as liquids, chewable tablets, regular tablets and rectal suppositories.
 - Always refer to the package for product-specific dosing instructions or speak with a pharmacist or health care provider to ensure a safe dose is being given. Do not give more than the maximum number of doses per day as noted on the medication package.
 - In some cases, tablets that are used for adults can be modified for children with caution depending on the child's age, size, and ability to swallow solid medications (e.g., tablets can be split).

Always talk to a health care provider about what options are appropriate and safe for your child

HOW MUCH SHOULD I GIVE

Acetaminophen and ibuprofen come in different concentrations (the number of mg of medicine in each mL, tablet or suppository). Check the concentration on the bottle, and read the package directions carefully.

ACETAMINOPHEN

DOSING

15 mg/kg every 4 hours as needed

Child's Weight (kg) _____ Child's Dose (mg) _____

INSTRUCTIONS

- Give _____ mL of 80mg/mL infant drops
- Give _____ mL of 160mg/5mL children's liquid
- Give _____ tablets of 80 mg chewable tablet(s)
- Give _____ tablets of 325 mg tablet(s)
- Give _____ tablets of 500 mg tablet(s)



IBUPROFEN

AGE

DOSING

1 to 6 months old

5 mg/kg as needed every 8 hours 6

months and over

10 mg/kg as needed every 6 hours

Child's Weight (kg) _____ Child's dose (mg) _____

INSTRUCTIONS

- Give _____ mL of 200mg/5mL infant drops
- Give _____ mL of 100mg/5mL children's liquid
- Give _____ tablets of 100 mg chewable tablet(s)
- Give _____ tablets of 200 mg tablet(s)
- Give _____ tablets of 400 mg tablet(s)

WHEN TO VISIT THE EMERGENCY DEPARTMENT (ED)

You know your child best. Visit the ED if your child:

- Is under 3 months and has a fever.
- Is very irritable or sleepy and doesn't improve with medicine.
- Has difficulty breathing.
- Has signs of dehydration (dry mouth, not peeing at least every eight hours).
- Has a headache or sore neck that doesn't go away.

Acknowledgements:

The information in this leaflet was adapted from:

"What you need to know: fever" Children's Hospital of Eastern Ontario (CHEO)

"Information for families and caregivers on children's fever and pain medication" Text adapted with permission from developer organizations: the Canadian Pharmacists Association, CHEO, Canadian Paediatric Society, BC Children's Hospital, IWK Health and moms & kids Health Saskatchewan

WHEN TO SEE YOUR FAMILY DOCTOR

You should visit your family doctor if your child:

- Has a fever for more than four days.
- Is not getting better after one week of symptoms.
- Develops an earache.

IMPORTANT INFORMATION

- [Health Connect Ontario](https://www.healthconnectontario.ca/) 24/7:
Health information from registered nurses 1-866-797-0000 TTY: 1-866-797-0007
- www.williamoslerhs.ca - information on your care options
- www.aboutkidshealth.ca health education website for children/youth and caregivers

Always talk to a health care provider about what options are appropriate and safe for your child