Fever in Children

A Simple Guide for Parents

What Is a Fever?

A **fever** is a body temperature of **100.4°F (38°C) or higher**, checked with a digital thermometer.

➡ **Fever is *not an illness*.**

➡ It is the body's natural way of fighting infection.

Common Causes

- Viral infections (*most common*)
- Bacterial infections
- After vaccinations (*temporary*)
- Overheating or mild *dehydration*

❗ *Teething may slightly raise temperature but rarely causes a true fever.*

Is Fever Dangerous?

Most fevers are **not harmful**. What matters more than the number is *how your child looks and behaves.*

✓ Drinking fluids
✓ Alert and responsive
✓ Playing at times

These signs are usually **reassuring**—even with a fever.

⬇ **Remember:** *Treat the child, not the thermometer.*

How to Manage Fever at Home

1. Focus on Comfort

You do not need to treat every fever. Treat only if your child is *uncomfortable*.

2. Fever Medicines

You may give:

- Paracetamol (Tylenol)
- Ibuprofen (Motrin/Advil) — *only if over 6 months*
- ✓ Dose according to **weight**
- ❌ Never give *aspirin*

3. Give Fluids

Offer water, breast milk, formula, or oral rehydration fluids.

4. Dress Lightly

Avoid heavy clothing or blankets.

When to Seek Medical Help

⚠ **Babies Under 3 Months**

🔴 Any fever (≥100.4°F / 38°C) needs|urgent medical review

Trust Your Instinct

If you feel something is not right, **seek medical care.**