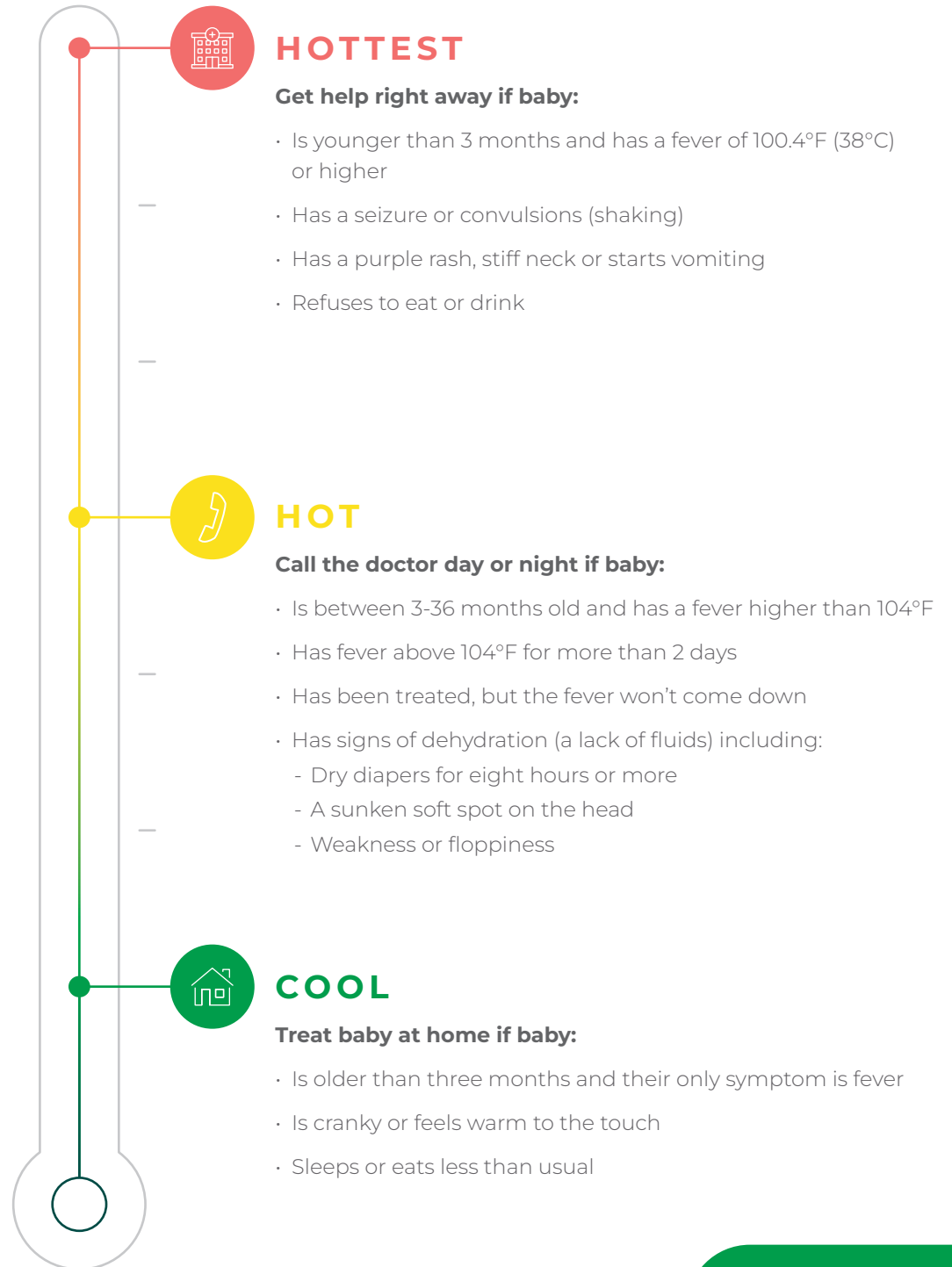




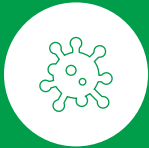
# Baby has a fever? No sweat.

## What is a fever?

A fever is typically defined as a temperature of 100.4°F (38°C) or higher. The body makes a fever to fight off illness. A fever on its own is not an emergency in a baby more than three months old.



## Common causes of a fever:



A cold, flu, or other **infection** (like croup, pneumonia, or bronchiolitis)



A **reaction** to a vaccination



**Overheating** (being in a hot area too long or dressed too warmly)



## How to manage:

- Change baby into lighter **clothing**
- Give baby a **lukewarm sponge bath**. Use the bath thermometer we sent you to measure the perfect bath water temperature.
- **Monitor baby's temperature** with the thermometer from your welcome gift.
- Give baby more **fluids** and encourage them to **rest**.



**Call your doctor for advice on what fever reducers you can use, and at what dose.** They may recommend over-the-counter medications including:

- **Acetaminophen (Tylenol®)** which may be used in all children over 2 months.
- **Ibuprofen (Advil®, Motrin®)** which may be used in children over 6 months.

### Do **NOT** give aspirin to children

Even so called “baby” aspirin is just a low-dose aspirin, and is not meant for infants. Aspirin has been linked to Reye’s syndrome, which can be fatal.