

# 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.

# HOTTEST Get help right aw

#### Get help right away if baby:

- Is younger than 3 months and has a fever of 100.4°F (38°C) or higher
- · Has a seizure or convulsions (shaking)
- $\cdot$  Has a purple rash, stiff neck or starts vomiting
- Refuses to eat or drink

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#### Call the doctor day or night if baby:

- $\cdot\,$  Is between 3-36 months old and has a fever higher than 104°F
- $\cdot\,$  Has fever above 104°F for more than 2 days
- $\cdot\,$  Has been treated, but the fever won't come down
- Has signs of dehydration (a lack of fluids) including:
- Dry diapers for eight hours or more
- A sunken soft spot on the head
- Weakness or floppiness

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#### Treat baby at home if baby:

- $\cdot\,$  Is older than three months and their only symptom is fever
- $\cdot\,$  Is cranky or feels warm to the touch
- $\cdot$  Sleeps or eats less than usual



### Common causes of a fever:

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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)

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### 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**.

**Priority Health** 

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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.

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ملاحظة: إذا كنت تتحدث العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. يرجى الاتصال برقم خدمة العملاء على الجانب الخلفي من بطاقة عضويتك الشخصية. (رقم هاتف الصم والبكم: 711) 2024 Priority Health 11169F1 10003-186 02/24