



## FEVER

Children can run high fevers very quickly. Do you know how to take your child's temperature? Do you have a thermometer?

A safe way to take the temperature of an infant or young child is to place the bulb of the thermometer high in the armpit. Make sure the armpit is dry and there is no clothing between the child's skin and the thermometer. Hold the arm snugly against the body. A plastic digital thermometer that "beeps" is faster, safer, and easier to use than a glass mercury thermometer.

A temperature of over 100° is considered fever. Although fevers are not usually dangerous, you should call the doctor if your child's temperature is over 101° or if the fever lasts more than 36 hours.

You should call your doctor immediately if any of these symptoms occur along with fever:

- ✓ Your child is under one year old and has a fever of 100° or higher.
- ✓ Your child has sickle cell anemia or another condition that may lead to serious infections.
- ✓ Your child faints or has convulsions.
- ✓ Your child does not seem to know where he is or seems confused, or you cannot calm your child.
- ✓ Your child is unusually quiet or sleepy, has a hard time breathing, has a stiff neck, has a rash, is vomiting, or just acts sick.
- ✓ If the child is not drinking fluids.

# Fever



Children can run high fevers when they are sick. Call the doctor immediately if your child:

- ✓ Is under one year old and has a fever of 100° or higher.
- ✓ Faints or has convulsions.
- ✓ Seems confused, or you cannot calm her.
- ✓ Is unusually quiet or sleepy, has a hard time breathing, has a stiff neck, has a rash, or is vomiting.
- ✓ Is not drinking fluids.
- ✓ Has sickle cell anemia or another condition that may cause serious infections.