

**From Vaccines:** Fever is usually low grade for 24-48 hours after vaccine administration and does not require a fever reducer. The fever is part of the body's way of mounting an immune response to the vaccine. If fever is 103F orally, then we recommend a dose of Ibuprofen to help your child sleep at night.

**From Illness:** Fever from illness is a sign that your child's body is mounting an immune response to the infection. The fever will help your child's body fight the infection. Any fever rectally > 100.4F in a 0-60 day old child is critical and warrants immediate evaluation in the ER at night or our office during the day. If the child is 3 months (90 days) or older with fever and is still feeding well, then there is a lower risk of a problem. Signs of potential trouble are: fever >102, excessive sleepiness, poor feeding, abnormal rash especially with petechiae (purple dots on the skin), seizure, fast breathing that does not stop when fever goes down, fever for more than 5 days or a mother's keen insight that something is wrong (this is often right on). Any child with fever greater than 104F warrants evaluation. Fever in a child with a serious medical condition such as cancer, heart problems, kidney problems, spleen removed, etc warrant evaluation.

**Febrile Seizure:** A seizure is always a fear for parents. Educate yourself on what a febrile seizure is. Treating with fever reducers offers no benefit in reducing future episodes. Children who have had a few febrile seizures in their lives will have no long term effects.

**Ibuprofen** has a better safety record than acetaminophen when used sparingly. We recommend ibuprofen if fever is >102F at night to help your child sleep. Once below 102F, leave it alone.

**Avoid aspirin products** in children with fever because of a rare condition called Reye Syndrome.

**Avoid cold medications with fever reducer in them. This is a source of toxicity and risk.**

**Fever is your friend to kill the pathogen infecting your child.**

**What else to do?**

- Tepid, not cold but lukewarm bath can help fever and help one feel better.
- Cool compresses to the forehead and pulse points on wrists and ankles can help.
- Belladonna 30 c homeopathic 4 pellets dissolved under tongue or dissolved for 20 minutes in ½ tsp water for infants and 4 drops dropped on tongue every 1-2 hours as needed for fever over 102.