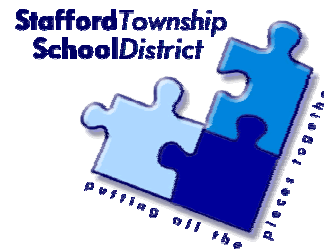


Call the Doctor if you have questions or concerns or if your child:

- Is younger than 3 months old and has a rectal fever of 100.5° or higher.
- Is more than 6 months old and has an oral or rectal temperature greater than 101.5°.
- Is under 2 years of age and has a fever lasting more than 24 hours.
- Is under 1 year old and has sunken eyes, no tears when crying and has no damp diaper for 8 hours. These are signs of dehydration.
- Is over one year old and has sunken eyes, no tears when crying and no urine for 12 hours. These are signs of dehydration.
- Looks very sick or is in pain.
- Has a seizure. If this happens, your child may fall down and have jerky, uncontrollable movements or the body may stiffen. Your child may become unconscious. Call "911" or the ambulance if your child becomes unconscious.



For additional information contact your school nurse at 609-978-5700

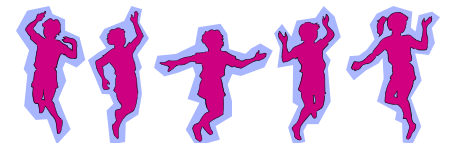
Primary Learning Center x1276
Ocean Acres x1113
Oxycocus x1073
McKinley Avenue x1140
Intermediate x1074
District Nurse Coordinator x 1205



Wellness Series

Keeping students healthy,
fit and eager to learn

Caring for a child with a Fever





Caring for a child with a Fever

A fever means your child's body temperature is above normal. An average temperature is 98.6° if checked by mouth. Fever is not always bad; it is not an illness itself. In fact, a fever of 101°-102° may cause no harm and may help to fight off the illness. But fever is often a sign of illness.

What causes a Fever?

Some normal activities may cause a child to have a temperature of 100°. For example:

- Dressing too warmly
- Having too little fluid to drink
- Being very active

A fever may also be telling you that your child is sick. Look for other signs of illness. Has your child recently been around other children or adults who were sick? Has your child just had an immunization or shot?

Does your child:

- Have a sore throat, head cold, or muscle aches?
- Have vomiting, diarrhea, or little appetite?
- Act very sleepy or is difficult to wake up?
- Act irritable or look sick?
- Have pain anywhere in the body?

How do you take care of a Fever?

- Use light clothing and light covers on your child. Even though some children may feel chilled, light clothing and light covers will help lower their fever.
 - Have your child rest or play quietly.
 - Your child may not feel like eating when ill, but it is important to give your child plenty of fluid. Any food that melts at room temperature is considered fluid. Offer frequent, small amounts of fluid to maintain adequate fluid levels in the body –this will prevent dehydration and help to lower the fever. Ice pops, gelatin dessert, soup, custard, yogurt or ice cream help increase your child's fluid intake.
 - If your child is reluctant to drink, offer him drinks in unusual mugs or glasses. Use silly straws or make "ice cream soup" by allowing the ice cream to melt. Anything different will encourage him to drink.
 - Do not use rubbing alcohol on your child's body to help reduce the fever. This can cause your child to be chilled and shiver. Shivering makes the body temperature go up even higher.
 - Check your child's temperature every 3-4 hours. If using an oral (mouth) thermometer, wait 20-30 minutes after your child has eaten or had anything to drink.
 - Check with your doctor to see if you can give your child acetaminophen or ibuprofen. These are often used if a fever is over 102° and a child feels uncomfortable. Using Fever medicines will help decrease a temperature by 2-3 degrees only. Your child's temperature may not return to a normal level because fever is the body's way to "burn up" the infection.
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