**Fevers in Pediatric Patients**

What to Know:

* Fevers are a normal process
* Know what area of the body your thermometer is meant for. There is no need to add a degree if the thermometer is appropriate for where you took the temperature.
* Temperatures are defined as a fever when it is over 100.4 degrees
* If they are shivering it is ok to cover them with a light blanket from the head to the knee, leave the lower legs uncovered
* Do not dress them in thick pajamas, this holds in the heat
  + Also avoid heavy and fuzzy blankets this also holds in heat
* Lethargy is when you are having a hard time waking your child up. If your child does not feel well, they may sleep more and not have their normal amount of energy. This is not considered lethargic. If you are having a hard time waking your child up, you should bring them in to be seen.
* Treat the child not the fever
  + Antipyretics use:
    - Tylenol or Ibuprofen per dosing and time frame on the bottle
    - Only if the child is uncomfortable
    - It does take about 1 hour for the medication to begin working
    - Pick one antipyretic and stick with it, using the other antipyretic between only as needed
  + Do not use cold baths, or apply alcohol to the skin
* Never treat the fever with aspirin
* If the fever lasts for 5 days, have the child seen in the clinic
* Increase fluids by giving smaller volumes at more frequent intervals
  + Hydration is more important than calorie intake
  + Fluids help to decrease some of the other symptoms such as weakness and body aches
* Lukewarm baths can help draw out the heat. Let them sit in the tub and play while dumping some of the water over them.

If your child has a seizure:

* Remain calm
* Place the child on a safe surface and turn them onto their side
* Note the start and the stop time of the seizure
* Do not place anything in their mouth
* Do not hold down their limbs
* After the seizure your child may be in a postictal state
  + This is a period after a seizure where the child may be more tired and confused
  + This commonly lasts from 5-30 minutes

Call 911 When;

* Another seizure occurs within 24 hours
* The seizure lasts longer than 5 minutes
* The child does not return to normal behavior/condition about 30 minutes after the seizure
* The child’s lips or mouth turn blue
* They stop breathing