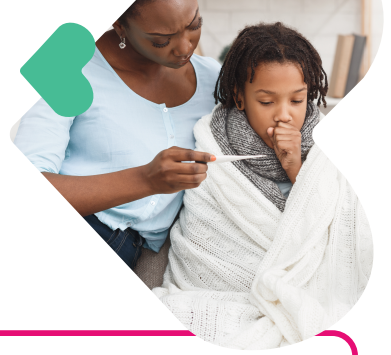


KixCare TIPS

Fever Management



1 Measure the Temperature!

A fever is 38°C or above. It is important to always measure the temperature and track the duration and how your child's body is fighting the infection. Use an accurate thermometer for your child's age. **Heads Up!:** No-touch infrared and ear thermometers can be inaccurate and difficult to use. Our first choices are rectal, oral or axilla (armpit), depending on their age.

2 Use Medication!

Acetaminophen (e.g., Tylenol) and/or ibuprofen (e.g., Advil) can help lower fever and relieve discomfort/pain caused by the infection they are fighting. Follow the dosing instructions for the child's age and weight. Note: Babies with a fever under 3 months of age should be seen in urgent care or an emergency room no matter what other symptoms they do or don't have.

3 Keep your child cool!

Dress them in light clothes and use a light blanket. Keep the room at a comfortable temperature.

4 Keep them Hydrated!

Offer a variety of fluids frequently throughout the day. Small frequent sips of water, clear soups, and oral rehydration solutions will help prevent dehydration. Keep an eye on how often they pee, if they haven't peed or had a wet diaper in 6 or more hours, check in with your KixNurse!

5 Give them a Bath!

BRRRR!: DON'T put them in a cold bath! Would you want a cold bath when you have a fever? It's not terribly effective and very upsetting for your sick child. Instead, either skip the bath, or have the bath closer to room temperature and then let them air dry! The water evaporating helps cool them!

6 Let them Rest!

Make sure the child gets enough rest to help the body fight off the infection. It is completely normal for them to want to sleep more when fighting the infection as long as they wake and interact appropriately and are staying hydrated.

When to Speak to a KixNurse or Seek Medical Attention:

1 High-Risk Children: Babies under 3 months of age or children with complex medical concerns

2 Difficulty Breathing: If the child is having trouble breathing, it's an emergency!

3 Persistent Fever: Lasting longer than 5-7 days

4 Persistent Vomiting/Diarrhea: Dehydration can be dangerous

5 Lethargy/Irritability: If your child is difficult to wake up or extremely fussy

6 Seizures: If the child has a seizure due to the fever

7 Rash: Red or Purple non-blanching rashes can be a sign of serious infections

Remember, if you're ever unsure or concerned about your child's fever, it's always best to speak with a KixNurse or other healthcare professional for guidance.

