

Dr. Aileen's Fever Facts

Fevers are just a part of your body's natural defense mechanism to fight off a viral or bacterial illness. They are often more frightening than they are harmful and usually last only a couple of days. As a parent, you want to keep your child comfortable during this period.

Your child's normal temperature should fall under these ranges:

Measurement Method	Normal Temperature Ranges
Oral (under tongue)	35.5°C to 37.5°C (95.9°F to 99.5°F)
Rectal (bum bum)	36.6°C to 38°C (97.9°F to 100.4°F)
Axillary (armpit)	34.7°C to 37.3°C (94.5°F to 99.1°F)
Tympanic (Ear)	35.8°C to 38°C (96.4°F to 100.4°F)

Any temperature that exceeds the high end of the Normal Temperature suggests your child has a fever.

Monitor your child's fever frequently (every 20min – hourly) in the acute phase.

*****ADULTS AND CHILDREN: Go to your Doctor or Hospital immediately if body temperature reaches 103F or higher *****

Other Red Flags:

Age of Child	Red Flag
< 1 month old	>38.5C (101.3F)
1-3 months old	>38.5C (101.4F) Or 38C (100.4F) lasting over 24h
3 months – 2yrs	>38.6C (101.4F) Lasting more than 2 days

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Go to Emergency immediately if your child has any of the following warning signs accompanying the fever:

- child is less than 3 months old
- fever is over 103F
- child is crying inconsolably or whimpering
- child cries when moved or even when touched
- child is difficult to awaken
- neck is stiff
- purple spots are present on the skin
- breathing is difficult and there is no improvement after air passages have been cleared
- child is drooling saliva and is unable to swallow anything
- convulsions have occurred
- severe headache
- high pitched crying
- swelling on soft spot of head

Call your doctor if your child has any of the following warning signs accompanying the fever:

- Changes in behavior
- Constant vomiting or diarrhea
- Skin rashes
- Dry mouth
- Sore throat that doesn't improve
- Earache that doesn't improve (child will keep pulling at ear)
- Fever comes and goes over several days
- Stomach pain
- Irritable
- Not hungry
- Pale

Please contact Pediatric Naturopathic Doctor Aileen Lim-Trotter if you have any other questions @ 647-436-6271 or aileen@zen-tai.com.