



WRHN

Waterloo Regional
Health Network

Fever Management in Children

The care and treatment you have just received has been on an emergency basis only. It's time to continue care at home. The following is some general information, and some specific things to consider that can help with recovery. Make sure to contact your family doctor for follow-up care.

Fever itself is rarely dangerous. It's part of the body's way of fighting infection. As a rule, children run higher temperatures than adults. Treat your child's comfort first.

Here are some ways to manage the symptoms of a fever:

- Dressing in light clothes: only enough clothes to stop shivering. Do not overdress.
- Children are usually good at resting when they need it. Absolute bed rest is not necessary.
- Drink plenty of cool, clear liquids: water, ginger ale, fruit juices, or rehydration solutions like Pedialyte.
- If your child has a fever and looks or feels unwell, consider giving:
 - acetaminophen (Tylenol, Tempra) the correct dose is 15mg per kilogram
 - ibuprofen (Advil, Motrin) the correct dose is 10mg per kilogram

Your child's weight today is _____ kilograms (_____ lbs)

Acetaminophen:

PDF DOSE CALCULATOR (02/21) R. SAHSI

Infant Drops 80 mg = one mL give _____ every four hours

Children's Liquid 160mg = five mL give _____ every four hours

Ibuprofen:

Infant Drops 40mg = one mL give _____ every six hours

Children's Liquid 100mg = five mL give _____ every six hours

Never give Aspirin (acetylsalicylic acid) to anyone under 16 years of age. It can be associated with a serious illness known as Reye's Syndrome.

Call your family doctor or return to the Emergency Department if:

- Dehydration: dry mouth, no tears, fewer than 4 wet diapers in 24h, or no urine output for 8h or more
- Severe headache, stiff neck, persistent vomiting, trouble breathing, unusual rash, seizure activity
- If you're worried or think that something is "just not right."
- Children **5 months of age or younger** with a fever should be seen by their family physician or in the emergency department

Save this guide for the next time a child is sick with fever.

Use the dosing table with your child's current weight for quick reference.



How was your care in the Emergency Department?
We are here to serve your emergency health care needs and want to do it well.

Please let us know about your hospital experience:
WRHN@Queen's Blvd (519) 749-6578 x6867 WRHN@Midtown (519) 749-4316

Ibuprofen:

Brand Names
Advil, Motrin

Standard dose by weight
10 mg/kg

Administer dosage
every 6 hours
as required

Check the strength of ibuprofen or acetaminophen in the product that you are taking or giving.

Always read the label to determine which concentration you have, and dose accordingly.

Use a proper measuring device when taking or giving a liquid form medication.

If unsure ask your healthcare provider for assistance.

Weight			Concentrated Infant Drops 200mg/5mL or 40mg/mL	Children's Liquid 100mg/5mL or 20mg/mL
kg	lbs	dose	dose (mL)	dose (mL)
4	9	40 mg	1.0 mL	-
6	14	60 mg	1.5 mL	-
8	18	80 mg	2.0 mL	-
10	23	100 mg	2.5 mL	5 mL
12	27	120 mg	3.0 mL	6 mL
14	32	140 mg	3.5 mL	7 mL
16	36	160 mg	4.0 mL	8 mL
18	41	180 mg	-	9 mL
20	45	200 mg	-	10 mL
22	50	220 mg	-	11 mL
24	54	240 mg	-	12 mL
26	59	260 mg	-	13 mL
28	63	280 mg	-	14 mL
30	68	300 mg	-	15 mL
32	72	320 mg	-	16 mL
34	77	340 mg	-	17 mL
36	81	360 mg	-	18 mL
38	86	380 mg	-	19 mL
40	90	400 mg	-	20 mL

Acetaminophen:

Brand Names
Tylenol, Tempra

Standard dose by weight
15 mg/kg

Administer dosage
every 4 hours
as required
to a maximum of 5
doses in 24 hours

Weight			Concentrated Infant Drops 80mg/mL	Children's Liquid 160mg/5ml or 32mg/ml
kg	lbs	dose	dose (mL)	dose (mL)
4	9	60 mg	0.75 mL	-
6	14	90 mg	1.1 mL	2.8 mL
8	18	120 mg	1.5 mL	3.8 mL
10	23	150 mg	1.9 mL	4.7 mL
12	27	180 mg	2.3 mL	5.6 mL
14	32	210 mg	2.6 mL	6.6 mL
16	36	240 mg	3.0 mL	7.5 mL
18	41	270 mg	3.4 mL	8.4 mL
20	45	300 mg	3.75 mL	9.4 mL
22	50	330 mg	4.1 mL	10.3 mL
24	54	360 mg	4.5 mL	11.3 mL
26	59	390 mg	4.9 mL	12.2 mL
28	63	420 mg	5.3 mL	13.1 mL
30	68	450 mg	5.6 mL	14.1 mL
32	72	480 mg	6.0 mL	15.0 mL
34	77	510 mg	6.4 mL	15.9 mL
36	81	540 mg	6.8 mL	16.9 mL
38	86	570 mg	7.1 mL	17.8 mL
40	90	600 mg	7.5 mL	18.8 mL