

## **Febrile Illness, Uncertain Cause**

### **What is a febrile illness?**

A fever is a natural reaction of the body to an illness, such as infections due to a virus or bacteria. In most cases, the temperature itself is not harmful. It actually helps the body fight infections. A fever does not need to be treated unless your child is uncomfortable and looks and acts sick.

### **When to go to the Doctor:**

If your child has other symptoms like an earache, sore throat, or body aches they may need to be seen by their physician and possibly be started on medication. If the only symptom is a fever, it is ok to wait it out and see if it goes away on its own. Seek medical attention for a fever greater than 101 for more than 3 days; has a fever greater than 103 and is not responding to medication; if the child is lethargic; shows signs of dehydration; mental status changes; or if you have any other concerns.

### **How is a fever treated?**

*If a fever is less than 102-* encourage your child to rest and drink plenty of fluids. Medication isn't needed unless there is discomfort.

*If a fever is greater than 102-* Give your child acetaminophen (Tylenol, others) or ibuprofen (Advil, Motrin, others). [Unless otherwise directed by your physician]. Read the label carefully for proper dosage, and be careful not to give your child more than one medication containing acetaminophen, such as some cough and cold medicines. Don't give aspirin to anyone age 18 years or younger.

### **Care Instructions:**

- ✓ Rest is very important!
- ✓ Your child may not return to school or participate in after school activities for 24 hours after fever is gone without the use of fever reducing medications.
- ✓ Drink plenty of clear liquids to stay hydrated: water, electrolyte drinks such as Gatorade or Powerade, juice, popsicles
- ✓ Treat fever with Tylenol or ibuprofen, unless otherwise directed by your physician
- ✓ WASH WASH WASH your hands- prevention through good hand-washing is important to prevent the spread of germs

Don't hesitate to call the school nurse with any questions or concerns.

School Nurses:

Stephanie Hegland RN, BSN (608) 588-2559 or shegland@rvschools.org

Kelly Deterding RN, BSN (608) 588-2554 or kdeterding@rvschools.org