

8. **Seizures triggered by fever are uncommon.** Only 4% of children can have a seizure from fever. While these seizures are scary to watch, most stop within 2 minutes. And they don't cause any permanent harm, such as learning problems or seizures without fever.
9. **Most fevers with viral infections last 2 or 3 days.** The fever will go away and not return once the body overpowers the virus. Most often, this is day 3 or 4. When using fever medicines, expect the fever to keep coming back after the medicine wears off. That's normal.
10. **If your child is well and feels warm to touch, they probably don't have a fever.** Children can feel warm for many reasons. Examples are playing hard, crying hard, getting out of a warm bed, or hot weather. They are "giving off heat." Their skin temperature should return to normal within 20 minutes after exercise.
11. **If your child acts sick and feels warm to touch, they probably have a fever.** If you want to be sure, take their temperature. But you don't need to keep taking it.
12. **Summary: Look at your child, not the thermometer.** How your child looks is what's important. The exact temperature number is not. If your child looks or acts very sick, the cause is more likely to be serious. But the level of fever tells us very little. Viruses and bacteria can both cause high fevers.

### **Treatment of Fever: When to Give Fever Medicines**

1. **Doctors and nurses don't always agree on when to treat fevers.** Here are some general guidelines.
2. **Fevers only need to be treated if they cause discomfort.** Most fevers don't cause any discomfort until they go above 104 F (40 C). Discomfort at a lower fever is probably due to some pain (such as from a sore throat).
3. **Start medicines for fevers only if higher than 102 F (39 C).** Remember that fevers are needed to fight the infection.
4. **Treat fevers with one fever medicine.** Use either acetaminophen (such as Tylenol) or ibuprofen, in the correct dosage. Don't give both fever medicines together. Reason: it is not needed. Remember, fever is helping your child's body fight the infection.
5. **With treatment, most fevers come down about 2 degrees F (about 1 degree C).** They often don't come down to normal. That's fine. When the fever medicine wears off, expect the fever to go up again. That's also normal.
6. **If your child's doctor tells you to treat fevers differently, follow their advice.**

### **Call Your Doctor If**

- You have other questions or concerns

#### **Pediatric Care Advice**

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