



Fever

Appearance

Take your child's temperature in the buttocks during the first eight months of life, afterwards ear thermometers are also possible. A measurement above 38°C in the first three months or above 38.5°C from the fourth month of life is considered a fever. Fever can have very different causes.

Measures:

- Give enough to drink so that urine is dissolved at least 3x/day
- Bed rest
- Offer gentle diet (low fat). But it is not a problem if your child has no appetite
- Administer antipyretics (Algifor from six months maximum 8 hourly or paracetamol such as Dafalgan from birth maximum 6 hourly) according to the package insert if necessary.
- Do not overheat the Room
- Give a lot of attention
- ventilate briefly regularly
- School/kindergarten/daycare may be attended again when the child has been fever-free for at least 24 hours and is fit enough to participate

Report to doctor if:

- Infants under three months of age with a fever of 38°C or higher (except for the first three days after the two-month vaccination, provided the infant is otherwise well).
- Shortness of breath with too fast or strained breathing
- If the child is in significant pain despite sufficient pain medication
- If the child does not dissolve urine at least 3 times/day and drinks regularly
- If the child has a headache with sensitivity to light, sensitivity to touch, or stiff neck
- If the child is weak and apathetic even when the fever is down (most children are listless when the fever is up, this is normal).
- If accompanying symptoms such as cough, cold, vomiting, diarrhea are absent after more than three days