TYLENOL ♥ **Motrin**

Fever

Fevers are usually harmless. They help the body fight infection, but they can be uncomfortable. Here are some ways to help your child feel better. Talk to your child's doctor if you have any questions or concerns.

Prevent dehydration

- If the body does not have enough liquids, it can get too dry, or "dehydrated." Have your child drink a lot of water and other liquids to stay healthy
- If they can't or won't drink, try popsicles
- For a baby, offer extra formula or breast milk throughout the day; continue to breastfeed even if you have a cold, so you can pass on your body's natural germ fighters

Try a fever medicine

- TYLENOL® or MOTRIN® can help lower a fever
- Infants' and Children's TYLENOL® are gentle on your child's tummy
- Infants' and Children's MOTRIN® works fast and lasts up to 8 hours, so it can be a good choice when your child needs relief that lasts through the night

Keep things cool

- Keep your child's room and your home comfortably cool
- Dress them lightly
- If their room is warm or stuffy, put a fan nearby
- Put your child in a tub with 1 to 2 inches of slightly warm water and sponge them all over; take them out if they start to shiver

Is it a fever? Should it be treated?

95.8°–99.9° F (35.5°–37.7° C) **This is a normal temperature range.**
100°–102° F (37.8°–39° C) **Low-grade fever:** helpful for fighting germs. Don't need to treat.
102°–104° F (39°–40° C) **Average fever:** helpful for fighting germs. Treat if your child is uncomfortable.
Over 104° F (40° C) **High fever:** uncomfortable, but harmless. Always treat.
Over 106° F (41.1° C) **Very high fever:** important to bring it down.
Over 108° F (42.3° C) **Dangerous fever:** can be harmful.

If your child's fever goes above 104° F (40° C), call your doctor

Health tips from the American Academy of Pediatrics (AAP) and the Centers for Disease Control and Prevention (CDC)