

Fever Treatment: A Quick Guide

Age	Temperature	What to Do
Infants		
0-3 months	38°C (100.4°F) or higher taken rectally	Call the doctor, even if your child doesn't have any other signs or symptoms
3-6 months	Up to 38.9°C (102°F) taken rectally	Encourage your child to rest and drink plenty of fluids. Medication isn't needed. Call the doctor if your child seems unusually irritable, lethargic or uncomfortable.
6-24 months	Above 38.9°C (102°F) taken rectally	Give your child paracetamol (Aeknil, others). If your child is age 6 months or older, ibuprofen is OK, too. Read the label carefully for proper dosage. Don't give aspirin to anyone age 18 years or younger. Call the doctor if the fever doesn't respond to the medication or lasts longer than one day.
Children		
2-17 years	Up to 38.9°C (102°F) taken rectally for children age 3 and younger, or taken orally for children older than 3.	Encourage your child to rest and drink plenty of fluids. Medication is not needed. Call the doctor if your child seems unusually irritable or lethargic or complains of significant discomfort.
2-17 years	Above 38.9°C (102°F) taken rectally for children age 3 and younger, or taken orally for children older than 3.	Give your child paracetamol (Aeknil, others) or ibuprofen. Read the label carefully for proper dosage, and be careful not to give your child more than one medication containing paracetamol, such as some cough and cold medicines. Don't give aspirin to anyone age 18 years or younger. Call the doctor if the fever doesn't respond to the medication or lasts longer than three days.
Adults		
18 and up	Up to 38.9°C (102°F) taken orally	Rest and drink plenty of fluids. Medication is not needed. Call the doctor if the fever is accompanied by a severe headache, stiff neck, shortness of breath, or other unusual signs or symptoms.
18 and up	Above 38.9°C (102°F) taken orally	If you're uncomfortable, take paracetamol (Aeknil, others), ibuprofen or aspirin. Read the label carefully for proper dosage, and be careful not to take more than one medication containing acetaminophen, such as some cough and cold medicines. Call the doctor if the fever doesn't respond to the medication, is consistently 39.4°C (103°F) or higher, or lasts longer than three days.

Reference: Mayo Clinic, accessed April 2014.

Stay Safe. Live Well.