

5 fever-reducing tips

It can be frightening when your child spikes a fever. However, fever (100.4 F or greater) on its own is not a reason to panic or visit the ER. Below are simple things you can do to help reduce your child's fever.



Offer plenty of fluids



Apply a lukewarm sponge bath



Dress in lightweight, breathable clothes



Provide comfort, cover with light sheet



Use fever-reducing medication as recommended

 **Always call your pediatrician for fever in babies under 3 months of age.**

Please call 911 or visit your nearest ER if your child's fever is accompanied by difficulty breathing, unresponsiveness, dry lips or sunken eyes, excessive vomiting or dehydration.

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