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

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.

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