

Health Care for Infants and Toddlers During Seasonal Changes – High Fever

With the weather turning cold rapidly during the changing seasons, immunity is weakening, and the number of cold patients is increasing sharply these days. Are you worried about how to manage your children's fevers? Please refer to the information below to learn about the causes of high fever in infants and toddlers and the proper ways to deal with it.

What are the criteria for fever in infants and toddler?

Rectal temperature above 38°C oral temperature above 37.5°C	under 3 years old		3 to 7 years old	Rectal temperature above 37.8°C oral temperature above 37.2°C
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You may get a fever in times like this

Fever is natural reaction that occurs during the immune process to fight off harmful bacteria or viruses when they invade our bodies. While the most common cause of fever in children is the common cold, fever can also occur in other cases.



cold



bronchitis



sore throat



pneumonia



otitis media



sinusitis



enteritis

When a fever occurs, Do this!

1. Check the condition

If your child has a fever, you should remain calm and observe their overall condition. If the child has a fever but is playing, eating, and sleeping as usual, a prescription for fever reducer may not be necessary. However, if the child has a high fever without any apparent reason, or if the fever fluctuates continuously over several days, it is essential to consult a pediatrician.

2. Take fever reducers

Fever reducers are typically used when the temperature is 39°C or higher, or when a child is struggling with a fever. When a fever is caused by a cold or similar conditions, it is safe and effective to use a single-ingredient acetaminophen-based antipyretic and analgesic that provides only fever-reducing and pain-relieving effects. The dosage of fever reducers is more accurately calculated based on weight rather than age, and it is important to administer the correct dose when giving the medication.

3. Wipe with a wet towel

If your baby is struggling with a persistent high fever that continues even after taking fever reducers, please massage them using a lukewarm wet towel.

4. Sufficient hydration

It is important to ensure that a child with a fever is adequately hydrated. This is because, while the amount of food and drink may decrease when a fever occurs, the body also loses a significant amount of fluids. Instead of fruit juice or soft drinks, it is better to give boiled water or electrolyte drinks warmed to lukewarm.