

# CONTEMPORARY GUIDE FOR PARENTS PEDIATRICS

## A Brief but important talk on a "hot topic" Your child's fever

**Fact #1** Fever is the body's natural way of fighting infection. It stimulates the immune system, and bacteria and viruses do not grow well in elevated temperatures.

**Fact #2** Misconceptions about the dangers of fever are commonplace. Unwarranted fears about harmful side effects from fever cause lost sleep and unnecessary stress for many parents. Let the following facts help you put fever into perspective.

**Fact #3** Most fevers are good for sick children and help the body fight infection. The exception is babies less than 3 months of age. They should be seen by a Pediatrician right away.

**Fact #4** **Myth:** Fevers cause brain damage or fevers over 104 degrees F (40 degrees C) are dangerous.

**Fact:** Fevers with infections don't cause brain damage. Only body temperatures over 108 degrees F (42 degrees C) can cause brain damage. The body temperature goes this high only with extreme environmental temperatures (for example, if a child is confined in a closed car in hot weather).

**Fact #5** **Myth:** Anyone can have a febrile seizure (seizure triggered by fever).

**Fact:** Only 4% of children have febrile seizures. Febrile seizures are scary to watch, but they usually stop within 5 minutes. They cause no permanent harm. Children who have had febrile seizures do not have a greater risk for developmental delays, learning disabilities, or seizures without fever.

**Fact #6** If fever causes discomfort to your child, you may give Acetaminophen or Ibuprofen as recommended by your Pediatrician.