

Fever and Acetaminophen (Tylenol®)
Harborview Medical Center
Children and Teens Clinic: (206) 744-3335

Patient _____

If your child's body feels warm, they may have what doctors call a "fever". Doctors measure how much "fever" is present with a thermometer. If a thermometer says 100.4° F (38° C), this means that a child has a "fever" and their body is warmer than it normally should be. It means that a child has an illness most of the time. Sometimes children get "fever" after vaccination shots. Sometimes their body feels hot because they are playing hard or wearing too many clothes but they are not sick.

"Fever" by itself is not harmful. "Fever" may actually help the body fight infection. However, "fevers" also make most children uncomfortable, and so we often treat "fevers" with a drug called Acetaminophen. Tylenol® is a common name for acetaminophen.

How your child is acting is more important than the level of the fever. If the child has a "fever" of 103° F, but is happy, playful and eating, the child is probably fine. If your child has a fever of only 101° F, but is having trouble breathing or is very sleepy or fussy, he or she may be very sick.

In addition to the Tylenol®, the following may help your child's fever:

- Dress your child lightly. Wrap lightly in blankets.
- Try to have the child drink lots of liquids.
- It is okay to put a cool towel on the child's forehead. Do NOT use cold water, ice or rubbing alcohol.

Please call your practitioner *immediately* for any of the following:

- Stiff neck, headache, or confusion
- Chills or rigors
- Excessive sleepiness
- Excessive crying or fussiness
- Difficulty breathing or noisy breathing
- Purple rash
- Your child is less than 3 months old and has a temperature greater than 100.4° F, (38° C)
- Your child's fever lasts for more than 3 days
- Your child is in pain (even after taking Tylenol®)
- Your child seems sicker, or you are concerned

Finally, **NEVER** give your child aspirin, unless your doctor tells you to. Tylenol® reduces fever caused by an infection or after childhood immunizations. It also helps to reduce minor aches and pains caused by the common cold and teething.

Drops (80mg/0.8ml)

Dose: Give _____ mls every 4-6 hours when needed to relieve fever or pain. No more than 4 doses in 24 hours.

Suspension (160mg/5mls)

Dose: Give _____ mls (_____ teaspoonsful) every 4-6 hours when needed to relieve fever or pain. No more than 4 doses in 24 hours.

Chewable Tablets (80mg)

Dose: Give _____ tablets every 4-6 hours when needed to relieve fever or pain. No more than 4 doses in 24 hours.

Regular Strength Tablets (325mg)

Dose: Take _____ tablets every 4-6 hours when needed to relieve fever or pain. No more than 12 tablets in 24 hours.

- *Do not use with other medicines containing acetaminophen (Tylenol®).*
- *Avoid alcohol*

If you have any questions about your medications, please call the clinic at (206) 744-3335.