

Wellbeing Services County of Pirkanmaa

Tays / Paediatrics
Patient instructions 40.00.22

Home care for a child with fever

Plenty of fluids, rest, cool room temperature, and light clothing are part of caring for a child with fever.

If the fever rises above 38.5 °C, reduce the child's clothing and give them fever medication. Removing clothing and covering the child only with a sheet often helps lower the body temperature. The room can be cooled by opening a window or turning off the radiators. Give the child plenty to drink.

Adequate fever medication helps the sick child feel better and supports recovery. The primary fever medication for children is paracetamol.

Fever medication

The dosage of paracetamol is 15 mg per kilogram of the child's weight, up to 4 times per day, i.e. every six hours. It can be given either as a tablet or in liquid form. If paracetamol does not provide sufficient relief, ibuprofen or naproxen (available on prescription) can be given in addition.

The dosage of ibuprofen is 10 mg per kilogram of the child's weight, up to 3 times per day, i.e. every 8 hours. Naproxen is given according to the physician's instructions, at intervals of at least 12 hours.

Please note that ibuprofen and naproxen must not be used at the same time.

Child's weight in hospital: _____

Paracetamol dose for the child: _____

Ibuprofen dose for the child: _____

The child last received fever medication

_____ at _____

_____ at _____