

DID YOU KNOW YOU SHOULD NOT REDUCE A FEVER?

SIX FEVER FACTS & MYTHS



MYTH 1: All fevers are bad for children, especially dangerous above 104° F. They can cause brain damage.

FACT: Fevers are good. Turning on the body's immune system to fight infection does not cause brain damage. Temperatures above 108° F when air temperature is very high (for example a child left in a closed car during hot weather) can cause brain damage.

MYTH 2: Seizures with fever are harmful.

FACT: Seizures are scary to watch, (only 4% of children have a seizure with fever) but they stop within 5 minutes, don't cause any permanent harm nor increase the risk for speech delays, learning problems, or future seizures without fever.

MYTH 3: Without treatment, fevers will keep going higher.

FACT: Because the brain has a thermostat, most fevers from infection don't go above 103° or 104° F, and rarely go to 105° or 106° F. While these are "high" fevers, they also are helpful ones.

MYTH 4: With treatment, fevers should come down to normal.

FACT: With treatment, most fevers come down 2° or 3° F. The response to fever medicines tells us nothing about the cause of the infection. It's normal for fevers with most viral infections to last for 2 - 4 days before the body over powers the virus and stops the fever.

MYTH 5: Oral temperatures between 98.7° and 100° F are low-grade fevers.

The exact temperature number is very important.

FACT: These temperatures are normal. The body's normal temperature changes throughout the day. It peaks in the late afternoon and evening. A defined low-grade fever is 100° F to 102° F.

MYTH 6: If the fever is high, the cause is serious.

FACT: If the fever is high, the cause may or may not be serious. If your child is happy and playful-great! If your child wants more rest and cuddle time-great! Providing your child's body support to fight the infection by burning the bad bugs with an increased temperature is the goal!

Info from Barton D. Schmitt, M.D. , medical director of Children's Hospital in Colorado and is a professor of pediatrics.

Supporting Links:

<http://www.seattlechildrens.org/.../symptom-index/fever-myth.../>

<http://www.drrisley.com/html/fever.html>

<https://www.aap.org/.../.../publishing/pages/Barton-Schmitt.aspx>

**FEVER IS ONE OF THE GOOD GUYS!
KEEP IN MIND A FEVER IS
FIGHTING OFF YOUR CHILD'S
INFECTION**