

What to do when Children got Fever

Fever is just a sign. It will not affect children's intelligence unless the underlying disease is due to encephalitis and meningitis. The body temperature of infant is more unstable than adult even if the infection is due to Influenza. The normal temperature is around 37.5 degree Celsius for rectal and 37 degree Celsius if it is taken orally.

It is quite common for children to have high fever. The usual approaches for lowering the temperature include drinking more water, avoid thick clothes and blankets, improve room's ventilation and adequate rest. If the temperature remained high, children should bath in warm water. Bathing in ice water or alcohol rub are not recommended as these will cause shiver and discomfort.

Most families often keep antipyretic at home for emergency. The most common antipyretic is paracetamol. It is available as syrup, oral and suppository. Aspirin should be avoided for children, as it may lead to Reye's syndrome resulting in severe brain damage. Antipyretic injection is not recommended because of its severe side effects.

Around 3 out of 100 children between 6 months to 5 years old develop convulsion during febrile episodes. The convulsion usually lasts for less than 20 minutes and will not cause any brain damage or serious complications. However, if duration is more than 20 minutes or the child remained comatose for prolonged period, medical consultation should be seek. Febrile convulsion is a benign condition, no prophylactic medication is necessary and the attacks will usually stop after the age of 5.