

## Acetaminophen Dosage

Weight (pounds)	Drops (80mgm/0.8ml)	S yrup 160mgm/1 tsp)	Chewable tabs (80mgm/tab)	Junior Strength (160mgm/tab)
6-12	0.4 ml	1/4 tsp	1/2 tab	-----
12 - 18	0.8 ml	1/2 tsp	1 tab	-----
18 - 24	1.2 ml	3/4 tsp	1 1/2 tab	-----
24 - 35	1.6 ml	1 tsp	2 tabs	1 tab
35 - 48	-----	1 1/2 tsp	3 tabs	1 1/2 tab
48 - 60	-----	2 tsp	4 tabs	2 tabs
60 - 72	-----	2 1/2 tsp	5 tabs	2 1/2 tabs
72 - 96	-----	3 tsp	6 tabs	3 tabs

## Ibuprofen Dosage

<b>Do NOT give ibuprofen to infants under 2 months of age!</b>			
Weight (pounds)	Drops (50mgm/1.25ml)	Syrup (100mgm/tsp)	Chewable tablets (100mgm/tab)
11-16	1.25ml	½ tsp	-----
16-22	1.875ml	3/4 tsp	-----
22-28	2.5ml	1 tsp	<b>1 tab*</b>
28-33	-----	1 1/4 tsp	-----
33-38	-----	1-1/2 tsp	<b>1 ½ tab*</b>
38-44	-----	1 3/4 tsp	-----
44-55	-----	2 tsp	<b>2 tabs*</b>
55-66	-----	2 1/2 tsp	-----
66-77	-----	3 tsp	<b>2 ½ tabs*</b>
77-88	-----	3 1/2 tsp	-----
88-99	-----	4 tsp	<b>3 tabs*</b>

\*Children do not usually begin to chew tablet medication until they have 16 teeth

# WHAT TO KNOW AND DO ABOUT HIGH FEVERS

## How high is high?

103°F (39.4°C) or more rectally or 102°F (38.9°C) or more orally.

## When do I need to worry about a fever?

- ▶ When your child looks sick at any temperature.
- ▶ When your child seems to be in pain.
- ▶ When your child has trouble breathing (remember that increased temperature causes an increase in respiration rate and heart rate.)
- ▶ When any of the above occur, call your doctor or an emergency room.

## What can I do to get the fever down?

1. Take off any unnecessary clothing.
2. Give ibuprofen (Advil, Motrin, etc.) or acetaminophen (Tylenol, Tempra, etc.) as instructed. Do not give aspirin with chickenpox or influenza because of the association with Reyes' Syndrome.
3. Sponge the child with lukewarm water by either method:
  - A) Put your child in a tub with 1-2 inches of lukewarm water and let him play or relax while you are sloshing the water over him.
  - B) Let your child rest under a single layer of thin towels lightly damp. Change the towels whenever they feel very warm or start to dry out. Do check the temperature every half hour. Stop the sponging when the fever is down to 101°F orally (38°C) or 102°F rectally (38.9°C.) Do not leave the child unattended. Remember that evaporation is the cooling process.

## What not to do

It is not necessary to use ice water to alcohol or sponging. Screaming, kicking, or shivering are not uncommon especially in younger children. Try to get him to play or sleep while sponging.

## If you are worried and don't know what to do next

Call your doctor or an emergency room for further advice. Do not overdress your child on the way to the doctor or the hospital. Synthetic fabrics trap body heat (all children's sleepwear made in the United States is made of synthetic material because of its flame-retardant properties.) A child with a fever may be put to bed with light cotton clothing that will not trap the heat from the child's body.