



Health Corner

Courtesy of the University Academy Wellness Center

Winter
2018

FEVER

Clinic Hours

Monday - Friday

7:30 – 4:00

816-412-5978



Although it can be frightening when a child's temperature rises, [fever](#) itself causes no harm and can actually be a good thing — it's often the body's way of fighting infections.

Signs and Symptoms

A child may have a fever if he or she is:

- fussy
- uncomfortable
- warm to the touch
- flushed

Reminder :

There are still flu shots available in the University Academy Wellness Center! Call or stop by for paperwork.

It's best to keep a child home from school or childcare until the temperature has been normal for at least 24 hours.

What to Do

It's best to keep a child home from school or childcare until the temperature has been normal for at least 24 hours. If your child is uncomfortable, here are some ways to relieve symptoms:

Offer plenty of fluids to avoid [dehydration](#).

- Give acetaminophen or ibuprofen based on package recommendations. **Do not** give aspirin.
- **Never** use rubbing alcohol or cold baths to bring the fever down.
- Dress your child in lightweight clothing and cover with a light sheet or blanket.
- Let your child eat what he or she wants, and don't force eating if your child doesn't feel like it.

If your child also is [vomiting](#) and/or has [diarrhea](#), ask the doctor if you should give a children's electrolyte

Seek Medical Care

If an older child has a fever and:

- appears sick
- develops a rash
- has persistent diarrhea or repeated vomiting



Think Prevention!

Fevers are often unavoidable. The key is to make your child as comfortable as possible until the fever passes, and get medical treatment when necessary.

<http://kidshealth.org/ChildrensMercy/en/parents/fever-sheet.html?WT.ac=p-ra>

University Academy Wellness Center now offers telehealth visits. The telehealth visit allows you to see and talk to *your* child and the nurse practitioner via the Zoom App. This App is similar to skype but privacy protected. That means you can stay at work or home but still see your child and talk to the nurse practitioner about your child's health face to face via a computer screen.