

IBUPROFEN DOSAGE (FOR FEVER AND PAIN)

Child's weight (lb) more than	12	18	24	36	48	60	72	96
Total amount (mg)	50	75	100	150	200	250	300	400
Drops (50 mg per dropper)	1	1½	2	3	4	—	—	—
Liquid 100 mg/5 ml (1 tsp)	½	¾	1	1½	2	2½	3	4
Chevabale 50-mg tablets	—	—	2	3	4	5	6	8
Adult 200-mg tablets	—	—	—	—	1	1	1½	2

conditions. Children with special problems requiring a longer period of fever control may do better with ibuprofen.

Avoid Aspirin. The American Academy of Pediatrics has recommended that children (through 21 years of age) not take aspirin if they have chickenpox or influenza (any cold, cough, or sore throat symptoms). This recommendation is based on several studies that have linked aspirin to Reye's syndrome, a severe encephalitis-like illness. Most pediatricians have stopped using aspirin for fevers associated with any illness.

ALTERNATING ACETAMINOPHEN AND IBUPROFEN

We don't recommend combining these medicines for the following reasons:

- No added benefit in reducing fever compared with either product used alone. (Reason: both drugs have the same mechanism of action.)
- Can cause dosage errors and poisoning (especially if you give one product too frequently).
- You don't need to control fever this closely.
- If you are instructed by your physician to alternate both products, do it as follows:
 - Use both if the fever is over 104°F (40°C) and unresponsive to one medicine alone.
 - Give a fever medicine every 4 hours (acetaminophen every 8 hours and ibuprofen every 8 hours).
 - Only alternate medicines for 24 hours or less, then return to a single product.

Sponging. Sponging is usually not necessary to reduce fever. Never sponge your child without giving her acetaminophen first. Sponge immediately only in emergencies such as heatstroke, delirium, a seizure from fever, or any fever over 106°F (41.1°C). In other cases sponge your child only if the fever is over 104°F (40°C), the fever stays that high when you take the

temperature again 30 minutes after your child has taken acetaminophen or ibuprofen, and your child is uncomfortable. Until acetaminophen has taken effect (by resetting the body's thermostat to a lower level), sponging will just cause shivering, which is the body's attempt to raise the temperature.

If you do sponge your child, sponge her in luke-warm water (85° to 90°F [29° to 32°C]). (Use slightly cooler water for emergencies.) Sponging works much faster than immersion, so sit your child in 2 inches of water and keep wetting the skin surface. Cooling comes from evaporation of the water. If your child shivers, raise the water temperature or wait for the acetaminophen to take effect. Don't expect to get the temperature below 101°F (38.3°C). Don't add rubbing alcohol to the water; it can be breathed in and cause a coma.



CALL OUR OFFICE

IMMEDIATELY if

- Your child is less than 3 months old.
- The fever is over 105°F (40.6°C).
- Your child looks or acts very sick.

Within 24 hours if

- Your child is 3 to 6 months old (unless the fever is due to a diphtheria-pertussis-tetanus (DPT) shot).
- The fever is between 104° and 105°F (40° to 40.6°C), especially if your child is less than 2 years old.
- Your child has had a fever more than 24 hours without an obvious cause or location of infection.
- Your child has had a fever more than 3 days.
- The fever went away for more than 24 hours and then returned.
- You have other concerns or questions.