



Fever helps fight infection

Fever is the most common symptom of many of the childhood infectious diseases. It helps to remember that fever helps the child fight infection. But high grade fever (above 101 Fahrenheit) can be quite troublesome and needs active intervention so as to make the child comfortable and prevent certain complications like febrile seizure.

Most cases of fever can be managed at home:



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■ **To control** the fever quickly give a sponge bath with slightly warm water till the child's temperature comes down.

■ **Do not use** cold water, which can cause shivering.

- **Dress the** child with minimum clothes, preferably cotton.
- **If the** child wants to be covered, cover him with a light sheet.
- **Overdressing and** over-bundling the child should be avoided.
- **Open the** windows and use fan / AC in summer so as to make the child's ambient temperature comfortable.
- **Offer plenty** of fluids to avoid dehydration. Give water, juice, soups liberally so that the child continues to pass light-coloured urine.
- **If the** child demands regular meals, give it even if the fever is high.
- **Make sure** the child gets sufficient rest.
- **Medicines (paracetamol)** may be

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used in proper dosage to control the fever.

- **If the** child shows any unusual signs (persistent high fever and fast breathing) consult your doctor immediately.

A common complication of fever in children is febrile seizure (fits occurring during fever), seen in children between six months to six years. These episodes are generally harmless and stop once the brain matures around six years of age. However, medical attention should be sought during such episodes to find out the cause of high-grade fever. Episodes of febrile seizures can be prevented if the child's fever is promptly controlled as per the guidelines given above.



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For questions or queries, write to our panel of experts at fitforlife@dnaindia.net

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