

# What to do about the fever —

Your baby or child has a fever if her or his rectal temperature is 38°C (100,4 °F) or higher:

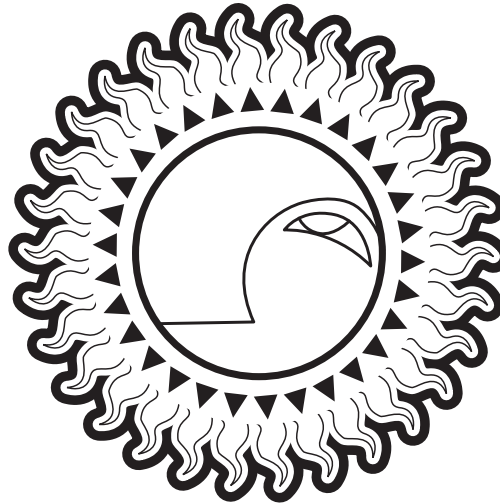
If your baby is **less than 3 months old:**  
**Do not give any medicine. Contact the clinic right away.**

If your baby is **more than 3 months old**: Give your baby acetaminophen or ibuprofen. Never give her or him aspirin. Follow package instructions.

Call the clinic if the fever is not getting better after 24 hours.

Call the clinic if your baby seems very sick or is not eating, drinking or peeing.

If you have trouble reading the thermometer bring it to your clinic visit and practice with the nurse or CHR.



### The elders speak:

When a baby was born the old ladies would make a fine meshed net out of black thread. This was placed around the baby's neck to prevent illness. It was changed at regular intervals. The old people used to say, "Let's catch the flu before it catches the baby!" (H.&W.P.)



# Fever and Taking Temperature



## Have at least one thermometer in your home and know how to use it!

The safest and most reliable way to measure baby's temperature is in his bum. This is called "rectal temperature".

Normal temperature variations for rectal reading are:  
36,6°C to 38,0°C (97,9°F to 100,4°F)

When your child is older there are other ways to take his temperature. Ask your nurse or doctor about them.

There are 3 kinds of thermometers:

- ▶ The kind you put in the bum (rectal thermometer). This is the kind you should use for your baby or young child.
- ▶ The kind you put in the mouth (under the tongue), or under the armpit.
- ▶ The kind you put in the ear.

## How to measure rectal temperature:

The best and safest thermometer to use is a plastic, digital thermometer, designed for rectal use. Thermometers with glass and/or mercury are dangerous if broken, and shouldn't be used.

1. Wash the thermometer with cool, soapy water and rinse it.
2. Cover the tip with petroleum jelly, such as Vaseline.
3. Place your baby on her or his back with her or his knees bent.
4. Gently insert the thermometer in the rectum to a depth of roughly 2.5 cm (1 inch).
5. Hold the thermometer in place **until you hear the tone.**  
**Remove it and read the temperature.**
6. Wash the thermometer.

