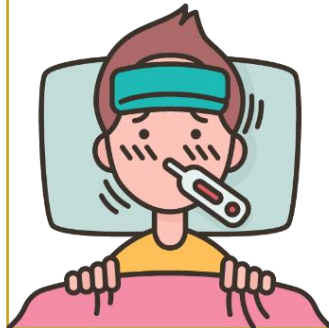




جامعة الإمام عبد الرحمن بن فيصل
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King Fahad Hospital The University

Fever



What is fever?

Fever is an atypical increase in the body temperature that occurs as a result of a particular biological reaction, which is controlled by the central nervous system.

- The average human body temperature is around 37 degrees Celsius (98.6 degrees Fahrenheit) and fluctuates by about 0.5 degrees during the day.
- The variance in core body temperature is caused by natural physiological processes in the human body, such as metabolic shifts, sleep/wake cycles, hormone variations, and changing activity levels.



What is fever?

Infants and young children typically have higher temperatures than older children and adults

($\geq 38^{\circ}\text{C}/100.4^{\circ}\text{F}$). This relates to their faster metabolic rate.

What are the symptoms of fever in children?

The child may also be:

- Not well and hot to the touch.
- Irritable or crying.
- Trembling.
- In pain.



What are the symptoms of fever in children?

If the child appears healthy and active, there is no need for treatment.

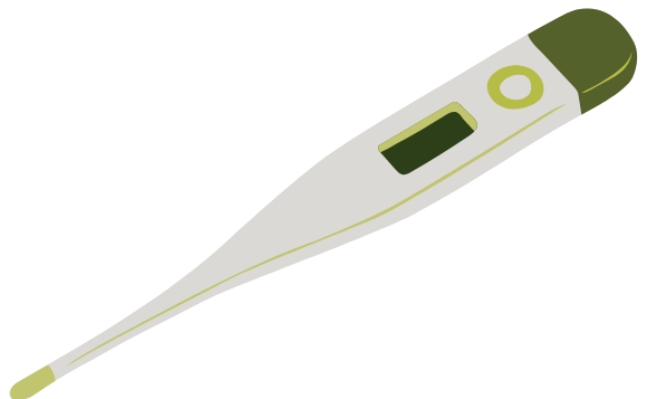
If your child is irritable, here are some things you can do to make them feel more at ease:

- The child might be dehydrated, so make sure he's well hydrated.
- Infants can be given additional breastmilk or formula bottles.



What are the symptoms of fever in children?

- Give the child (paracetamol or ibuprofen) if they are extremely irritable or have additional symptoms like a sore throat.
- Ibuprofen should not be given to newborns under three months old or to children who are dehydrated.
- Cool their forehead with a sponge soaked in somewhat warm water.
- Make sure the child is clothed sufficiently so they're not too hot or too cold.

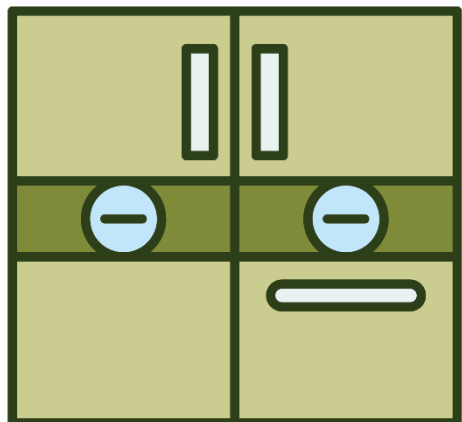


When to go to the Emergency Room?

If your child is under **3 months old** and has a fever exceeding **38°C**, seek medical attention, even if there are no other symptoms.

If the child's immune system is impaired owing to a preexisting medical problem and the fever is higher than **38°C**.

EMERGENCY



When to go to the Emergency Room?

If their temperature exceeds 38°C and they exhibit any of the following symptoms:

- A stiff neck or sensitive to light.
- Rash.
- Vomiting/emitting.
- Any difficulties with breathing.
- Pain that persists after administration of pain treatment drugs.
- If the child has a fever over 40°C .
- Fever has been continuous for more than 2 days.
- The child's state seems to get worse.
- The child experiences bouts of paralysis.





Notes:

Notes:

Resources and references:

All pictures used from [canva.com](https://www.canva.com)

Review and audit:

Content of this booklet has been reviewed by Emergency Medical Services Department consultant at King Fahad University Hospital.

Emergency Medicine Department

Health Awareness Unit

IAU-24-543



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