



**Call your health care provider or go to your nearest Emergency Department if your child or youth:**

- is under 3 months old and has a fever
- has a fever and is very irritable or sleepy and does not improve with medicine
- has difficulty breathing
- has signs of dehydration (dry mouth, not peeing at least once every eight hours)
- has a headache or sore neck that does not go away with medicine

For 24 hour professional health advice and information, call:



## What is a fever?

A fever is a body temperature that is more than 38°C. This can be caused by viral or bacterial illness.

- Children who are under 3 months of age should be seen by a doctor or nurse practitioner if they have a fever.
- Children 3 months and older should be seen by a doctor or nurse practitioner if their fever lasts more than 3 days, even if it improves after giving medicine: Acetaminophen (Tylenol) or Ibuprofen (Advil).
- **Do not give Ibuprofen (Advil) to children under 6 months of age.**

## What is a child's normal body temperature?

35.5°C to 37.5°C when taken by mouth.

36.5°C to 37.5°C when taken under an armpit.

**Any thermometer reading over 38°C is considered a fever.**

## How to take a child's temperature

### Children under 4 years old, or who cannot hold the thermometer in their mouth:

- Turn the thermometer on. Place the tip in the soft part of the child's underarm. Gently hold the child's arm against their body if needed. The thermometer will beep when it is finished. The reading will be shown in Celsius (°C).

### Children 4 years of age and older:

- If the child can keep the thermometer in their mouth, an oral (mouth) temperature may be taken. Make sure the child has not had anything hot or cold to drink for 20 minutes before taking their temperature. Turn the thermometer on. Place the tip under or beside the tongue, toward the back of the mouth near the molars. Have the child close their lips around the thermometer, like using a straw (do not bite). The thermometer will beep when the reading is complete.

**To ask about a same-day appointment, call the clinic at 306-766-0200, then select option 3.**

**Four Directions is open Monday to Friday from 8am to 4:30pm and closed on Statutory Holidays**

This thermometer has been purchased with funding from the Jim Pattison Children's Hospital Foundation. Four Directions Community Health Centre gratefully acknowledges their support.

