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## STEP 1

### Taking your child's temperature

- **Under 1 year old:** The rectal method (if used safely) is preferred, but axillary (armpit) is the alternative.
- **2-5 years old:** The axillary method is preferred.
- **5+ years old:** As soon as your little one can keep the thermometer under their tongue with their mouth closed tight for the required testing time, we recommend the oral method. If not, use the axillary method.



Rectal, oral and axillary methods are most precise and encouraged over tympanic or non-contact infrared methods when possible.

## STEP 2

### Interpreting their temperature

METHOD	A FEVER
Rectal	38° C or higher
Oral	38° C or higher
Axillary (Armpit)	37.7° C or higher
Tympanic (Ear)	37.7° C or higher



Keep a record of this so you can easily refer to it as needed.

## STEP 3

### Helping your child with a fever

- Offer them lots of fluids.
- Keep them comfortable: Remove extra blankets or layers, but keep some clothes on so they don't get too cold.
- If your child is older than 3 months, you can give them the recommended dose of Ibuprofen and/or Acetaminophen to help lower the fever.



Tylenol or Advil dosing can be calculated specific to your child's weight. Reach out to your KixNurse to know how much is best to give.

## When to seek medical care

- Your child is under 3 months old and has a fever.
- You're concerned that your child may be dehydrated, not drinking, and not peeing.
- Your child has had a fever for more than 5 days or recently travel aboard.
- Your child is excessively sleepy, sluggish, or unresponsive.
- Your child has a purplish rash and a fever or is showing signs of an additional illness that could cause concern.