

Managing Fever In CHILDREN AND TEENS



Dehydration can occur during a fever, so it is important to drink enough water.



ORS can help replenish fluids and electrolytes lost during a fever.



Getting enough rest can aid in recovery from a fever.



Taking a lukewarm bath or keeping the body and environment cool can help reduce a fever.



Placing a cold, wet cloth on the forehead can also help reduce a fever.



Do not make them wear too many layers of clothing, as it can further raise the temperature.