

OSHMed Health Magazine

by



FEVER IN CHILDREN HOW TO MEASURE IT AND WHAT HELPS NOW

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Fever in children: How to measure it and what helps now

Children often suffer from feverish infections. When fever should be treated and which medications help

It always feels like it happens on the weekend or in the middle of the night or both. Fever. And with every tenth of a degree that the thermometer shows, the child often becomes weaker and we parents become more restless. This information will help now:



What is fever?

Fever is not an illness, but shows that the immune system is working. If bacteria or viruses invade the body, it tries to ward off the pathogens: it increases its temperature because then the invaders can no longer multiply as well. "Fever arises in order to cope with a crisis situation," explains Professor Michael Weiß, chief physician of the children's

and adolescent clinic at the children's hospital.

In children, temperatures between 37.6 and 38.4 degrees Celsius are called elevated temperatures, and temperatures above 38.5 degrees Celsius are called fevers. In babies under three months of age, fever starts at 38 degrees Celsius. One speaks of a high fever from 39 degrees Celsius. The values apply to a measurement in the bottom.

"What is important for the definition is not the mere value, but the condition of the child," says Weiß. For example, if a child is playing outside in the sun and the parents then measure 38.1 degrees in their bottom, that is not a fever. However, if a child has a runny nose, a hot forehead, red cheeks, cold hands and appears sick, 38.1 degrees indicates a fever.

What is the best way to take a fever?

"The classic rectal measurement is still the most accurate," says pharmacist Bernhard Eiber from Roth near Nuremberg. Important: Insert the thermometer gently, but far enough into the anus so that it reliably measures the core body temperature. Parents should use this method, especially with babies and younger children. "For schoolchildren, you can also use an ear thermometer for minor infections if they can no longer tolerate measurements in their buttocks as well," says Weiß. Ear thermometers are now sufficiently



reliable - they are also used in children's hospitals, according to the expert.

Parents should pay attention to good quality when purchasing. "There are big differences," says Eiber. It is therefore best to seek advice from the pharmacy. The same applies to forehead thermometers, which measure the temperature via the skin using an infrared sensor. They are suitable for babies with very small ears or for children with middle ear infections for whom ear thermometers are not suitable. However, the measurement only provides an indication. Eiber advises against measuring in the mouth or under the armpits. "Both methods are relatively error-prone and inaccurate," he says.

When should you see a doctor if you have a fever?

This depends on the age and condition of the child. "If infants under three months of age have a fever of more than 38 degrees, parents must take their child to the doctor immediately - if necessary, to the emergency service or to the children's clinic," says pediatrician Michael Achenbach from Plettenberg. This also applies if the temperature is lower but the parents are unsure or have a bad feeling.

Older babies and children should also see a pediatrician immediately if their general condition is poor or they are noticeably weak, hardly drink, produce urine less than every eight hours, if their

fever does not go down despite ibuprofen or paracetamol, or if they have a bacterial illness after taking an antibiotic has not decreased after 48 hours. It is also essential and without delay if you breathe noticeably quickly, have skin bleeding or develop a stiff neck. Or even if other symptoms of illness appear and the parents are simply worried.

C	F	BABY FEVER CHART	
40.6	105.1	HIGH FEVER	
40.4	104.7		
40.2	104.3		
40.0	104.0		
39.8	103.7		
39.6	103.3		
39.4	102.9	FEVER	
39.2	102.6		
39.0	102.2		
38.8	101.8		
38.6	101.5		
38.4	101.2		
38.2	100.8	LOW GRADE FEVER	
38.0	100.4		
37.8	100.1		
37.6	99.7		
37.4	99.3		
37.2	99.0	NORMAL	
37.0	98.6		
36.0	96.8		
35.0	95.0		

*UK Guideline

*At 39c Call doctor if your baby is 3-6 months old

*At 38c Call doctor if baby is less than 3 months old

If children aged three months to one year are in good condition, want to play and drink enough, they should see a pediatrician by the next morning at the latest. One to two year olds if the fever lasts more than a day, older children if the fever lasts longer than three days.

It will then help the doctor if parents have documented the course of the fever.



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So simply note the time of the measurement and the value - using a piece of paper and pen or alternatively in a suitable app. If it is certified by medical societies, you will also find useful information about taking your temperature and accompanying symptoms. "Parents shouldn't take their temperature too often," explains Weiß. "For healthy children, for example, this is not necessary."

do not want to drink, become very pale and are very sleepy, they should go to the doctor as quickly as possible.

When should you lower a fever?

If the child suffers from it! "It's not the temperature on the thermometer that matters, but the condition of the child," says Achenbach. This means: If little ones are very tired, don't want to drink anything anymore or can't sleep because of the fever, you should give them a fever-reducing agent.

If the child is reasonably fit, parents can let them have a fever. "If the fever is suppressed, the body cannot fight the pathogens as effectively," says Achenbach. Some infections even last longer. In any case, it is important that the baby or child drinks enough.

Which fever remedies are suitable?

"Paracetamol and ibuprofen are the right remedies for children," says pharmacist Bernhard Eiber. Which one is suitable depends on many factors such as age, weight and symptoms. The pediatrician and the pharmacy will advise you on this. For example, paracetamol is usually prescribed for babies under three months of age. "The active ingredient is approved for body weights of just three kilograms," says Eiber.

Ibuprofen can be given to children from three months of age and weighing six kilograms. It has a stronger anti-inflammatory effect than paracetamol



Is fever dangerous?

Fever alone is not life-threatening for otherwise healthy children and is even important for the defense against pathogens. In rare cases, however, it can indicate a serious illness. Small patients then usually show further symptoms, as described above.

If the general condition of babies and children deteriorates, for example if they



and has a decongestant effect. "If you have a middle ear infection, ibuprofen is definitely useful," says Eiber. Disadvantage: It attacks the stomach lining. Parents should seek advice.

Important for both active ingredients: pay attention to the age-appropriate dosage! Products containing the active ingredient acetylsalicylic acid (ASA) are taboo for children under the age of twelve. "They can have dangerous side effects in children," says Eiber.

Fever juice or suppositories?

Babies up to around six months usually receive suppositories. They are easy to administer and work quickly. "As soon as children can sit, you can give them juice," says Achenbach. It can be dosed more precisely. "Doctor or pharmacist can calculate the correct dose based on the weight to the milliliter," says the expert. This doesn't work with suppositories. In principle, however, parents should administer what they and their child can cope with best.

Can you alternate between ibuprofen and paracetamol?

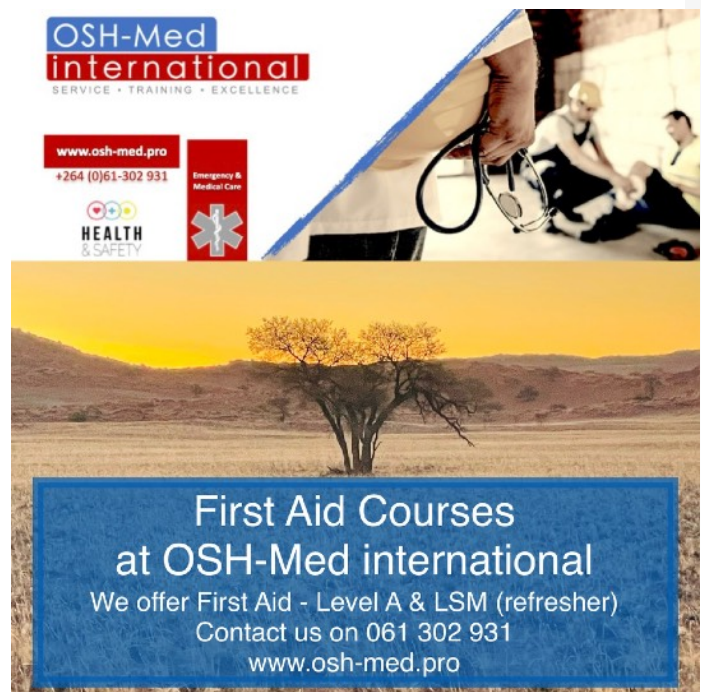
In principle yes. Doctors sometimes recommend alternating administration of ibuprofen and paracetamol if the fever rises quickly again but the time interval until the next dose has not yet passed. "A doctor should always order this," says pharmacist Eiber. He will first check whether the agent used so far has been dosed correctly. "The dose is calculated

precisely and may differ from what is stated on the package," explains Achenbach. Or a second agent can also be prescribed. "But there should also be three to four hours between paracetamol and ibuprofen administration," says Achenbach. His tip: be sure to note down what time the child took which medication. And: if the fever doesn't go down despite these medications, that's a reason to go to the doctor!

Are children with a fever allowed to go outside?

"If you have an infection, you should stay as calm as possible," says Achenbach. The heart rate is increased and the body is under greater strain due to the infection. But there is nothing wrong with a quiet stroll in the stroller. Daycare children should be free of fever and symptoms for one day before going back to the facility.

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First aid: How to do proper Wound Care

Wound care for minor scrapes: How to properly treat cuts, abrasions, burns, lacerations and puncture wounds. What is important in animal bites.

Slaughtered knee, cut finger, scratched or scratched? You can treat harmless, minor injuries that don't bleed too much yourself. Do not touch the wound while doing this. As a first responder, wear disposable gloves if possible.

The basic measures:

Clean wound?

“Normal wounds” do not need to be rinsed. If the wound is very dirty, for example with earth, if necessary clean the wound with lukewarm, clear tap water of drinking quality, if possible directly from the tap. Chemical burns should also be rinsed. Burns can be briefly cooled under running water.



Are stones or shards of glass stuck deeper in the wound?

Don't pull it out! Leave it to the doctor. It could bleed even more when you pull it out. Gently cover the injury with a sterile bandage and contact a professional.

You can carefully remove very small splinters that have only penetrated the surface with tweezers. Make sure you pull the splinter out completely. If you cannot see how deep the splinters have penetrated into the tissue, never pull them out yourself, but rather consult a doctor.

Disinfect wound

Apply an appropriate wound disinfectant. It should be ready to hand in your medicine cabinet. Ask the pharmacy for a suitable preparation. Any intolerances and allergies should be taken into account when making your selection.

Stick on plaster

For larger injuries, use a correspondingly larger wound dressing, for example placing a sterile compress on the wound and securing it with an elastic gauze bandage. There are now also moist plasters and compresses with a gel-based covering for smaller wounds. This is intended to help injuries heal more quickly. Get advice from the pharmacy.

Tetanus vaccination - is a booster necessary?

Check all open wounds to see if you are still protected against tetanus. If in doubt, ask your doctor.

Observe wound

Is the wound healing well? You should keep this in mind and, if in doubt, seek medical advice immediately. For example, if the area becomes thick, the





skin becomes red or feels warm, this could indicate an infection. Then have it examined immediately!

Abrasions: What should you watch out for?

Falls are usually the cause of these injuries to the top layer of skin. They are often large and very painful because many nerve endings are exposed. However, abrasions heal relatively quickly and usually without scarring. If there is a lot of dirt in the wound, rinse thoroughly and then disinfect. For smaller abrasions, then apply a quick wound dressing. It is best to cover larger ones directly with a quick wound dressing or a sterile compress and have them looked after by a doctor.

Cuts: This is important

Cuts are one of the most common injuries in the home. A small cut is best left to bleed briefly. In this way, dirt and pathogens are immediately flushed out of the wound. Cut wounds usually have smooth edges that can be easily "glued"

together with a plaster. That's why they usually heal well. Deep, long or heavily bleeding cuts should be treated by a doctor. If necessary, the wound must be glued or stitched. A functional check of nerves and tendons is also necessary for deep cuts.

Lacerations: Be careful, risk of infection

Lacerations have rough edges that often gape apart. Such injuries become easily infected. It is therefore better to have lacerations treated by a doctor. He can determine how deep the injury is, whether wound pockets have formed and whether deeper structures (e.g. bones) have been injured. As a first step, put on a sterile compress and secure it with a bandage and go to the doctor or hospital.

Stab wounds: go to the doctor!

Knives, broken glass, nails and other sharp objects can cause puncture wounds. Such injuries should definitely be examined and treated by a doctor immediately. Even if the wound does not



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appear to be dangerous on the outside, the injuries can be deep and, under certain circumstances, cause dangerous internal bleeding. In addition, the risk of infection is very high because germs could have penetrated into deep tissue layers with the foreign body. Do not pull out foreign objects! Leave it to the doctor.



Bites, scratches

Scratches and bite wounds are usually caused by animals, but there are also said to be biting people. In any case, there is a very high risk of infection. Pathogens could have gotten into the wound - for example in saliva - and caused serious infections such as tetanus, gas gangrene or blood poisoning (sepsis). That's why a bite wound must always be examined by a doctor and cleaned professionally. It should also be clarified whether the animal that bit might have had rabies.

Burns – just no “home remedies”

Only hold minor burns or scalds under running, lukewarm water to cool them. Cool for at least five minutes. If blisters form, see a doctor. If larger parts of the body are affected, immediately call the emergency services on 9112. You can read more about burns in the article.

What to do if the wound bleeds heavily?

Severe bleeding can be life-threatening – call emergency services immediately (9112)! If possible, stop the bleeding with a pressure bandage. Place a sterile wound dressing on the wound, secure it with gauze bandages, then place a sealed bandage packet over it and secure it tightly with another bandage. Caution: Do not tie so tightly that the limb turns blue! You can also press directly onto the wound/bandage with your hand.

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Key Steps for Addressing Mold and Moisture to Maintain Indoor Air Quality

Addressing mold and moisture issues involves identifying water entry points, as mold growth, which affects air quality, requires moisture, nutrients, and suitable temperatures.

Even the cleanest homes and businesses can have stale, musty odors that affect air quality. Key steps for addressing mold and moisture problems start with identifying where water gets in.

Tiny mold spores travel through the air. They need three things to grow: moisture, nutrients and the right temperature. If a building has mold inside, there is moisture coming in from somewhere.

Mold Sources

Recognizing and controlling mold-producing moisture sounds easy, but mold is a challenge, especially in older houses and buildings. Common household problems that bring mold into the structure include:

- Leaking pipes or plumbing fixtures
- Roof leaks
- Flooding
- Indoor humidity condensation
- Animal urine
- Air conditioning leaks
- Indoor showers

Prevent mold by drying off any water-soaked and damaged areas within 24 to 48 hours.



One thing to note: mold is different from mildew. Mildew is white or gray and grows flat with a powdery surface. Mold is fuzzy, slimy and slightly raised on its growing surface. Mold colors come in black, gray, green, brown, dark red and a few other shades.

Air Ducts

Vents and air ducts guide a building's heat and air conditioning systems. Dampness and mold affect filters and hoses. Mold in air ducts often looks like black spots near the AC vents. Do not touch them — these spores will spread.

Mold has an odor that's hard to ignore, but types of mold smell differently. For example, black mold smells like rotting leaves, and green mold has a musty odor. Trust the nose. If the smell is strange, it's time to change the vent filters and clean the duct system.





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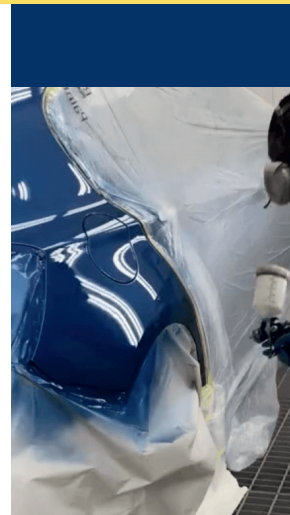
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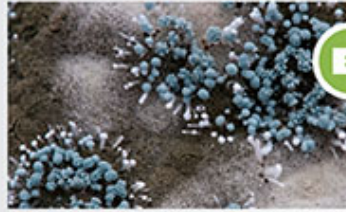
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Stop Mold At Its Source



CLEAN IT:

Stops the formation of biofilms by dissolving oils, lipids & chemicals found in spores.



CLEAR IT:

Breaks down and kills the proteins that live inside spore DNA.



CONTROL IT:

Eliminates all traces of mold and helps prevent regrowth.

Preventing Mold in Air Ducts

Here are a few ways to prevent indoor mold:

Ventilate indoor spaces to keep them dry. Dehumidifiers are great for bathrooms. Operate the moisture-drawing ceiling ventilation fan during showers and baths or open a window to clear the steamy fog. Additionally, be sure to:

- Fix water leaks.
- Keep indoor humidity below 50 percent.
- Towel or air-dry damp fixtures, shower doors and floors after bathing.
- Change air filters regularly.
- Insulate air ducts.
- Clean and dry drip pans.

Cleaning air ducts keeps the air quality fresh. However, various sections of the furnace and air conditioning may not be easily accessible. Because ducts and insulation may need to be removed and

replaced, consider hiring a professional HVAC service.

Removing Mold in Air Ducts

Commercial mold-killers are available in stores, but can also be made with some basic ingredients. Bleach solutions work for non-porous surfaces. Mix one part bleach with 16 parts water. For porous areas, blend one tablespoon of laundry or dishwashing liquid detergent with one-half cup of baking soda and one cup of water.

Turn off the furnace and central air conditioner. Wear long sleeves, safety glasses, and rubber or latex gloves. Start scrubbing! After the mold is gone, clean the HVAC's air ducts and vents.

Air Quality

Poor air quality can lead to respiratory illnesses like asthma and bronchitis. Clean air has only small amounts of



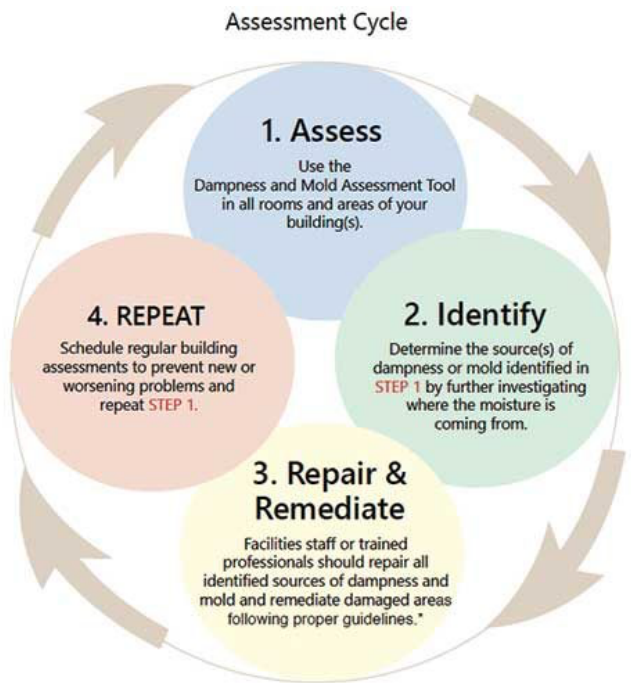
chemical pollutants and solid particles. But when the Air Quality Index shows high pollution levels, the risk of affecting the lungs is higher too, especially if spending many hours at a business or home office.

Improving air quality creates a healthier workspace and is a consideration when evaluating the safety and comfort of a business. Improve the air quality by:

- Opening windows on calm, sunny days.
- Cleaning dusty window screens annually.
- Utilizing window, ceiling and attic fans to circulate the air
- Investing in an air purifier

Breathing fresh air is the essence of life. Keeping a home or business free of mold

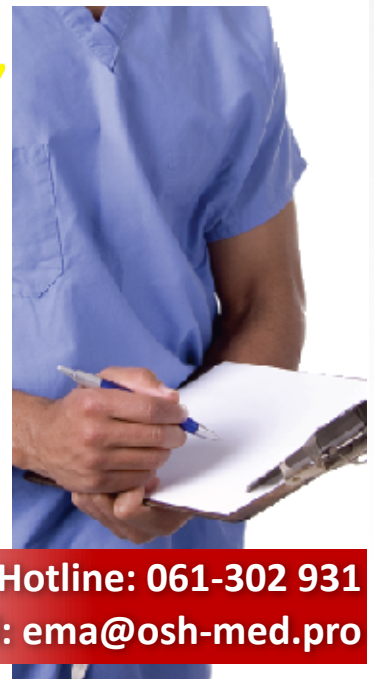
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Fun Time - *Joke of the week*



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- **Where** is the emergency?
- **What** happened?
- **What** kind of injuries?
- **How many** injured person
- **Waiting** for further question

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9112

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(all numbers are from GRN or non-profit organisations)



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