

LOCALNEWS

Advice on treating fevers in children

BY DR. ANTHONY STONE  
Family Medicine Physician  
Essentia Health

A child with a fever sends a parent’s mind racing with questions.

A fever simply means your child’s body is fighting an illness or infection, usually a virus or bacteria, according Dr. Anthony Stone, a family medicine physician at the Essentia Health-International Falls Clinic. The brain responds to infection by elevating the body’s temperature. The good news, he said, is a fever shows your child has a healthy immune system that’s working the right way.

Fever is a symptom

While many parents worry about a fever, it’s just one symptom, Stone said. The accompanying symptoms are better clues to what’s going on and what a parent needs to do.

The physician tells parents to pay attention to what their child looks like and what he’s doing.

“If he’s playing and interacting with you, that’s a good sign,” Stone said. “If he’s not interested in activity, doesn’t have an appetite, isn’t drinking or sleeping – that’s more important than the reading on the thermometer.”

The first step is to get an accurate temperature. Stone recommends using a rectal thermometer for babies and an electronic oral thermometer for older children. He says only high quality infrared thermometers are accurate for taking temperatures in the ear and they can be expensive.

You need to see a doctor if a baby younger than 3 months old has a temperature of 100.4 degrees Fahrenheit or higher, even if the baby looks normal or seems fine. Young infants can quickly become

seriously ill and also are susceptible to serious bacterial infections.

“Babies have a limited ability to fight infection and parents can’t see as many symptoms,” Stone explains. “Babies also can become dehydrated sooner than older children.”

In a child older than 3 months, a temperature of 102.2 degrees or higher that lasts longer than three days should be seen by a doctor, Stone said. They should be seen earlier if the fever is accompanied by concerning symptoms, such as difficulty breathing, lethargy, seizures or the inability to drink fluids.

Most fevers caused by a viral infection come at the beginning of an illness, so a fever that starts a couple days into an illness is worth checking out, Stone notes. That can mean a bacterial infection has set in.

A child of any age needs immediate medical attention if he appears lethargic or struggles to breathe, Stone warns.

Treating a fever

If your child has a fever, encourage her to drink fluids. To make a child more comfortable and bring down a fever, try a sponge bath or a bath using water at the usual bathing temperature.

If the fever doesn’t come down, try an over-the-counter medicine, such as acetaminophen or ibuprofen.

Proper dosing is important, Stone said. You need to know your child’s weight, not age, and follow the dosing guide from your physician or what’s



Dr. Anthony Stone

outlined on the medicine’s bottle. Use the dosage tool that comes with the medicine, or buy a marked syringe at the pharmacy.

Don’t give more than four doses in 24 hours. Do not give children aspirin because of the risk of Reye’s syndrome, a rare but serious condition that causes swelling in the liver and brain.

Even though they are labeled differently, infant’s and children’s bottles of liquid acetaminophen are now the same concentration. Tylenol is a brand name of acetaminophen. Liquid ibuprofen, which is known by the brand names Advil and Motrin, still comes in two concentrations, one for infants and one for older children.

“Give the medicine based on how your child feels and his symptoms,” Stone said. “You don’t need to restore a normal temperature through the use of medicine.”

Stone recommends acetaminophen for most children but says parents can choose what fever reliever works best for their child. If the fever doesn’t come down in three hours with acetaminophen, you can change to a dose of ibuprofen and give it every six to eight hours, he said.

If you decide to use an over-the-counter medicine for other cold symptoms, check to see if it contains acetaminophen or ibuprofen. If it does, don’t give your child additional ibuprofen or acetaminophen at the same time. That could cause your child to get too much medicine.

Fever seizures

While parents worry that a high fever will cause a febrile seizure, such incidents are rare, Stone said. They occur in only 2 to 5 percent of children between the ages of 6 months and 5 years. Most febrile

seizures occur during the first day of a fever and last a minute or two. They’re most common in children between the ages of 6-18 months.

“There are a lot of urban myths about fever, including fears of seizures and brain damage,” Stone said. “There’s no evidence of fever, even at 104 degrees, causing brain damage or neurological damage.”

The physician explains febrile seizures aren’t related to the height or duration of the fever, and it’s not known why they happen in some children.

If your child has a febrile seizure, call your doctor right away so your child can be examined. It’s more important to determine and treat the cause of the fever rather than the seizure, Stone explains.

In the end, Stone tells parents to treat fevers like other health issues. “Trust your judgment, and if you’re not sure, call your doctor,” he said.

When to call the doctor:

- Child is younger than 3 months with a temperature of 100.4 degrees F or higher.
- Child is older than 3 months with a temperature of 102.2 digress F or higher for three days or more.
- Child is crying constantly, very fussy and cannot be comforted.
- Child is listless, has little energy or is hard to wake up.
- Child has a new rash.
- Child has neck pain or stiffness.
- Child has seizures.
- Child refuses to drink.
- Child has less urine than usual.
- Child has chronic medical conditions that put him at increased risk for serious infections, such as kidney disease, splenii, immunosuppression or heart disease.
- Call 911 if your child has trouble breathing.

BEMIDJI

Woman stabbed to death in Bemidji

Arrest may be announced

JOURNAL STAFF REPORT

An arrest has been made in connection with the stabbing death of 35-year-old Redby woman, say news reports.

Krista Fisherman, 35, was pronounced dead Friday, after she was found lying on a street in Bemidji, reported Bemidji Police Department Chief Mike Mastin Friday in a news release.

Mastin said police, members of Bemidji Ambulance Service, Beltrami County Sheriff’s Office and Bemidji Fire Department responded to a report of a person lying on the street in the 2800 block of Ridgeway Avenue. in Bemidji.

When officers and emergency medical personnel arrived they discovered a

female whom appeared to have been stabbed numerous times. Emergency personnel worked to stop the bleeding and continued the efforts during transport to the Sanford Medical Center.

At the Sanford Medical Center Fisherman was pronounced deceased.

Beryl Wernberg, 911 Supervisor/Emergency Communications Director, with the Beltrami County Sheriff’s Office, told The Journal another news release on the death would be sent Tuesday. That information was not yet available for this edition.

She could not confirm that an arrest had been made.

The case is being investigated as a homicide and remains under investigation by the Bemidji Police Department, Minnesota BCA and the Beltrami County Sheriff’s Office.

Gas prices continue to climb

JOURNAL STAFF REPORT

Average retail gasoline prices in Minnesota have risen 2.3 cents in the past week, averaging \$2.18 per gallon Sunday, according to GasBuddy’s daily survey of 2,856 gas outlets in Minnesota. This compares with the national average that has increased 7.6 cents in the last week to \$2.25 per gallon, according to gasoline price website MinnesotaGasPrices.com.

Regular gas prices in International Falls, according to the site, ranged from \$2.19 to \$2.34 per gallon this week.

Including the change in gas prices in Minnesota during the past week, prices Sunday were 114.2 cents per gallon lower compared

to the same day one year ago and are 21.6 cents per gallon higher than a month ago. The national average has increased 17.5 cents per gallon during the last month and stands 110.2 cents per gallon lower than this day one year ago.

“Prices at the pump are starting to heat back up, mostly driven by a rebound in crude oil prices,” said Patrick DeHaan, senior petroleum analyst with GasBuddy. “Nationally, almost nine in 10 stations is selling over \$2 per gallon, while a month ago, less than half of stations were selling over that price- clearly we’re seeing the typical seasonal rebound in prices, being led higher by oil’s rebound, and soon to be enhanced



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May 16, 2015

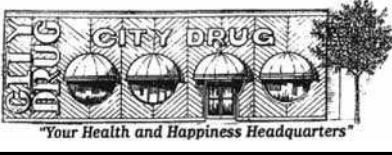
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## Military Veterans Law Enforcement, Fire, EMTs (active & retired)

### You are invited to a fish dinner

Elks Lodge #1599 was selected to receive fish from the DNR Fisheries test nets during the Fall of 2014.

A prerequisite is to utilize the fish for the benefit of the community. The intended purpose of this endeavor was to provide this fish dinner for you and a guest.

**Saturday, February 21, 2015**  
**Elks Lodge #1599, 215 – 3<sup>rd</sup> Street**

**Meal will be served in two seatings:**  
**5:00 pm – 6:00 pm and 6:30 pm – 7:30 pm**  
**Cash Bar**

Reservations and meal time preference are needed. Please sign up at the Elks, VFW, Law Enforcement or Fire Dept. or by calling 218-286-3191 or 218-240-1707

**Deadline is Thurs., Feb. 19 - seating is limited.**

*Compliments of Elks Lodge #1599*



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