

Supportive Management

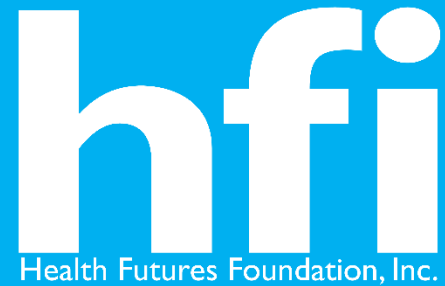
- Provide child with a warm bath or a tepid sponge bath using lukewarm water (32.2° C – 35° C). Perform sponge bath for 20-30 minutes. Stop it if the child develops chills. Avoid using cool water, ice, or alcohol for the bath as they may cause shivering, which, in turn, may further increase the child's temperature.
- Apply cool, wet towel on the forehead, groin, and armpits.
- Provide child with plenty of rest.
- Remove excess clothing on child, leaving him or her with only one light layer of clothing. Provide child with light blanket. Avoid wrapping the child in thick layers of clothing or blankets, even if the child experiences chills.
- Keep room well-ventilated, and at a moderate, comfortable temperature. If the room feels warm, place a fan nearby the child.
- Have child take lots of fluids. Whichever the child normally drinks (e.g. breastmilk, formula milk, water) can be used for rehydration. Fruit juices should be diluted by adding equal parts of water to the fruit juice (dilution is 50% fruit juice and 50% water).
- Give bland foods (soft, low in fiber, cooked, and not spicy) which are better tolerated by children when they're sick. Some bland foods include crackers, white bread, white rice, and lean meats that are not greasy, fried, breaded, or highly seasoned.
- Avoid giving child the following medications:
 - Aspirin – it may cause Reye's syndrome, a rare but serious condition that may damage liver and brain. Also, avoid using aspirin in cases wherein dengue has not been ruled out as a possible disease – it may cause excessive bleeding if the child's suffering from dengue.
 - Combination drugs for flu and colds

Herbal Medicine

- **Saha ng Saging/Balat ng Punong Saging (Sheathing Leafstalks of the Banana)**
 - Wrap the fresh sheathing leafstalks of the banana around the neck, armpits, and groins of the person with fever. Replace the used sheathing leafstalks with a new one as needed (e.g. when the sheathing leafstalks have become warm).

Consult doctor if:

- The fever worsens or persists.
- The baby or child has high fever (greater than 40° C).
- The child is less than 2 years old and has been having fever for more than 48 hours.
- The child is 2 years old or older and has been having fever for more than 72 hours.
- The fever comes and goes every few days.



Unit 6, 4/F, The One Executive Office Building, 5 West Avenue, Barangay Nayong Kanluran, Quezon City, Philippines 1104

Telefax
(632) 411 8698

Mobile
(63) 927 892 1062
(63) 928 507 4479

www.healthfuturesfoundation.com

Find us on Facebook
Health Futures Foundation, Inc.

Find us on Twitter
@healthfutures

Find us on Instagram
@healthfutures