



Recurrent Fevers

How to track your child's recurrent fevers between doctor visits

What are recurrent fevers?

They are fevers above 101 degrees Fahrenheit (38.3 degree Celsius) that last at least 3 days. They recur every 3 to 6 weeks for at least 6 months.

What information will be helpful for the doctor to know about my child's fevers?

- Is there a pattern to the fevers?
- Are there other symptoms at the time of the fever? (For example: runny nose, cough, rash, swollen lymph nodes, sore throat, mouth or throat ulcers, vomiting, diarrhea, stomach pain or swollen joints)
- Is your child well in between fevers?
- Did your child see a doctor and did they do any tests? If so, what were the results?
- Did your child start taking any medications? If so, note the medicine name and dates used.

The answers to these questions can help your child's doctor make a diagnosis.

How should I track my child's fevers?

It will be helpful for us if you have a record of your child's fevers and symptoms. You can use a tracking log such as the one below to track your child's fevers.

1. If your child appears ill or you think they have a fever, take their temperature and record it on the fever tracking log.
2. Write down any other symptoms that are present. You don't have to take your child's temperature each day if they are well.
3. Record the highest temperature and any other symptoms for each day fevers are present. Write down if you took the temperature by mouth, under the arm, in the ear or by forehead.
4. If the fever stops but the other symptoms stay, note how long they last.
5. Record if you gave any medications for the fevers or associated symptoms (including acetaminophen or ibuprofen). Check with your child's primary healthcare provider before giving any type of medicine to your child.
6. Keep the log for as many months as the doctor says and bring it to your next clinic visit.
7. If you take your child to see a doctor, record the diagnosis, tests done and any treatment.

If your child seems sick or the fever is different than others or lasts longer than usual, see your child's primary healthcare provider or go to an Urgent Care or Emergency Department.

Fever Tracking Log

Date	Time	Temperature and method	Symptoms	Medication given	How long the fever lasted	Notes
<i>Example 1/15/18</i>	<i>10am</i>	<i>38.9°C by mouth</i>	<i>Runny nose, cough</i>	<i>acetaminophen</i>	<i>2 hours</i>	

To Learn More

- Infectious Diseases and Virology 206-987-2073
- Rheumatology 206-987-2057
- Ask your child’s healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child’s nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Seattle Children’s offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children’s will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children’s. However, your child’s needs are unique. Before you act or rely upon this information, please talk with your child’s healthcare provider.

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