

**Mayo Clinic Minute: What to do if your child has a fever**

VIDEO	AUDIO
<b>Jason</b>	Babies who have fevers should be seen by a health care provider immediately.
<b>Tina Ardon, M.D. Family Medicine Mayo Clinic</b>	“A fever in a newborn, less than a month, is always an emergency. A baby less than 3 months with a fever is still pretty concerning, so we’re going to want to see that child, as well.”
<b>Jason</b>	But when talking about fevers in older kids, Dr. Tina Ardon says a rising number on the thermometer isn’t usually an emergency, at least initially.
<b>Dr. Ardon</b>	“Parents can feel comfortable watching their children for up to three days as long as they’re hydrating and otherwise acting well.”
<b>Dr. Ardon</b>	“But I may see another child with a 101 fever who hasn’t been drinking all day and hasn’t used the restroom all day, and that’s more concerning to me.”
<b>Jason</b>	She says hydration is important when your child has a fever because the high temperature causes the body to lose fluids.
<b>Dr. Ardon</b>	“When you are treating a fever, the goal is not to get your temperature down to a normal temperature. It really is just to make the patient or the child feel more comfortable.”
<b>Jason</b>	Dr. Ardon says over-the-counter medications can sometimes help, but check with your provider first.
<b>Jason</b>	For the Mayo Clinic News Network, I’m Jason Howland.