

## Fever, Flu and Colds: Love, and Other Natural Home Remedies

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### What is a fever?

- Rectal temperature above 100.4°F (38°C)
- Oral temperature above 100°F (37.8°C)
- Armpit (axillary) temperature above 99°F (37.2°C)
- Ear (tympanic membrane) temperature above 100.4°F (38°C) in rectal mode or 99.5°F (37.5°C) in oral mode
- Forehead (temporal artery) temperature above 100.4°F (38°C)

### Why do we get fever?

- Fevers are usually caused by the immune system as a way of killing off an infection
- A fever caused by infection will almost never go over 105°F
- A fever will come down on its own once the body has fought off the illness
- Fever will never exceed 106°F except from being trapped in a hot place (like a car)
- Brain damage from a fever will not occur unless the fever is over 107.6 °F.
- Fever from illness does not cause brain damage

### When do you need to call the doctor if your child has a fever?

- Infants who are **less than three months** of age who have a rectal temperature of 100.4 F or greater, regardless of how the infant appears (eg, even well-appearing young infants should be evaluated).
- Children who are **three months to three years** who have a rectal temperature of 100.4 F or greater for more than three days or who appear ill (eg, fussy, clingy, refusing to drink fluids).
- Children who are **3 to 36 months** who have a rectal temperature of 102 F or greater.
- Children of any age whose oral, rectal, tympanic membrane, or forehead **temperature is 104 F** or greater or whose axillary temperature is 103 F or

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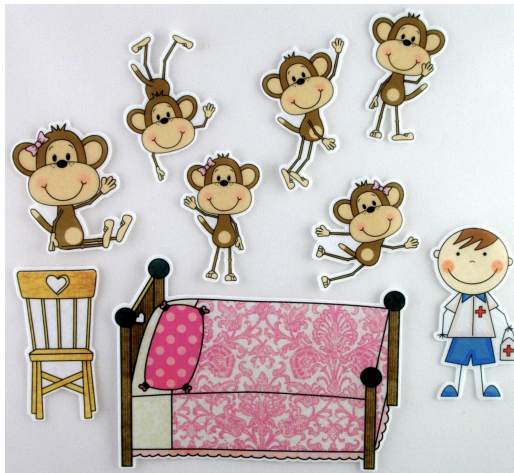
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greater.

- Children of any age who have a **febrile seizure**. Febrile seizures are convulsions that occur when a child (between six months and six years of age) has a temperature greater than 100.4 F
- Children of any age who have **recurrent fevers** for more than seven days, even if the fevers last only a few hours.
- Children of any age who have a fever **and have a chronic medical problem** such as heart disease, cancer, lupus, or sickle cell anemia.
- Children who have a fever as well as a **new skin rash**.



(Image byMaree: [www.etsy.com](http://www.etsy.com))

## When do you go to Urgent Care?

When the child with fever “**appears really sick**”

- Is non-responsive, limp or won't wake up
- Is extremely irritable or won't stop crying
- Refuses or can't drink fluids
- Trouble breathing or has blue lips, tongue or nails
- Is leaning forward and drooling
- Complains of severe pain
- Complains of stiffness in neck
- Infant's soft spot is bulging or caving in abnormally
- New appearance of small spots or bruises since getting sick



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## When should you use a “fever-reducer” medicine?

- Your child is not able or willing to drink fluids or nurse
- Your child is on her second or more night without sleeping well
- You have tried natural treatments without success and you just want to give your child some relief
- In this case, I recommend you choose Ibuprofen (Motrin, Advil) instead of Acetaminophen (Tylenol)

## Acetaminophen/Ibuprofen Dosage Chart

### Acetaminophen (Tylenol® or another brand)

Give every 6 hours as needed. (Also available in suppositories; use the same number of mg.)

**\*Do not give more than 4 doses in 24 hours.**

Weight in pounds (lbs.)	Elixir 1 teaspoon = 160 mg/5ml	Chewable 1 tablet = 80 mg	Jr. strength 1 caplet = 160 mg	Reg. Strength 1 tablet = 325mg
6-11 lbs.	1/4 teaspoon(1.25 ml)	-----	-----	
12-17 lbs.	½ teaspoon(2.5 ml)	-----	-----	
18-23 lbs.	¾ teaspoon(3.75 ml)	-----	-----	
24-35 lbs.	1 teaspoon(5 ml)	2 tablets	-----	
36-47 lbs.	1½ teaspoons(7.5 ml)	3 tablets	-----	
48-59 lbs.	2 teaspoons(10 ml)	4 tablets	2 caplets	1 tablet
60-71 lbs.	2½ teaspoons(12.5 ml)	5 tablets	2½ caplets	1 tablet
72-95 lbs.	3 teaspoons(15 ml)	6 tablets	3 caplets	1½ tablets
96+ lbs.	-----	-----	4 caplets	2 tablets

### Ibuprofen (Advil, Motrin, or another brand)

Give every 6 to 8 hours as needed; **always** with food. Other strengths available by prescription.

**\*Do not give more than 4 doses in 24 hours.**

Weight in pounds (lbs)	Infant drops (40mg/1 ml)	Children’s liquid 1 teaspoon = 100 mg/5ml	Chewable Tablets 1 tablet = 100 mg	Tablets 1 tablet = 200 mg
11-21 lbs.	¼ teaspoon (1.25ml)	½ teaspoon(2.5 ml)	½ tablet	
22-32 lbs.	½ teaspoon (2.5ml)	1 teaspoon(5 ml)	1 tablet	
33-43 lbs.		1½ teaspoons(7.5 ml)	1 ½ tablets	
44-54 lbs.		2 teaspoons(10 ml)	2 tablets	1 tablet
55-65 lbs.		2½ teaspoons(12.5 ml)	2 ½ tablets	
66-87 lbs.		3 teaspoons(15 ml)	3 tablets	1½ tablets
88+ lbs.		4 teaspoons(20 ml)	4 tablets	2 tablets

### Questions?

This sheet is not specific to your child but provides general information. If you have any questions, please call your clinic or pharmacy.



## Fever

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### Neutral Bath:

- Neutral Baths, or “sponging,” are very effective at bringing a fever down by a couple degrees.
- Draw a bath, water should feel warm to the back of the hand (think about the same temperature that you would heat a bottle)
- Place child sitting in bath and gently use a wash cloth or sponge to squeeze water over his body.
- Can stay in bath for 30-45 min if the child is comfortable

### Essential Oils

- Essential oils are highly concentrated herbs
- Peppermint and Lemon – Add 2 drops in 1 tsp olive or coconut oil and apply to bottom of feet, back of neck and forehead every 30 min



### Herbal Teas:

- Peppermint will help cool down a hot child
- Ginger tea will help a child sweat and break the fever

## Congestion

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### Warm and Cold Compresses:

1. Heat a pot of water and remove from the stove
2. Fill a separate bowl with ice and some water
3. Place one clean cloth in the hot water and one cloth in the ice water
4. As soon as you can handle the hot water without burning your hands, ring it out and place over tender sinuses, covering face.
5. Leave on for 3 minutes
6. Remove hot cloth
7. Ring out the cold cloth and place over same area on sinuses
8. Leave on for 30 seconds
9. Remove cold cloth
10. Works best if you repeat this process 3 times



## Ear Pain

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### Tips for relieving ear pain:

1. Warm compress left on ear for 10 minutes. To increase with healing you can also do the Alternating Hot and Cold compresses as described above.
2. Massage behind ear and down along jaw in a downward motion
3. Garlic Oil Ear Drops
  - a. These are strongly antimicrobial and I recommend them for one or two days prior to using antibiotics in most cases
  - b. Warm the drops by placing the bottle in a plastic baggie and then in a cup of hot water for a couple minutes
  - c. Test the drops on your wrist before placing in ear
  - d. Lie on your child on his side and drop 2-3 drops in the ear. Let sit for a couple minutes
  - e. Hold a bit of tissue over the ear when you switch sides so the oil drains in to the tissue.
  - f. Repeat on other side.
  - g. **DO NOT USE ANY DROPS IF THERE IS A CHANCE THAT THE EAR DRUM HAS RUPTURED.** Signs of a possible ruptured eardrum include fluid, blood or pus draining out of the ear or complaints of severe ear pain that is suddenly gone. Call the doctor if you think your child has a ruptured eardrum.



## Cough

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### Steam Inhalation:

- Adult:
  1. Boil a pot of water and remove from heat
  2. Add 1 drop of eucalyptus essential oil and 1 drop of either rosemary or peppermint essential oil. If you don't have oils, you can use the fresh herbs.
  3. Lean over the steam coming from the pot and cover yourself with a towel or blanket
  4. Be careful not to burn yourself when the steam is too hot. As it cools, you can get closer to the pot
  5. Stay as long as you can or at least 10 minutes

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- Child:
  1. Follow steps 1 and 2 above
  2. Place the pot on the floor next to your baby's crib while she or he sleeps, or hold child on your lap while sitting in a chair above the pot.
  3. For a more severe cough, turn on the shower and close the door of the bathroom so it fills with steam. Place the pot with the essential oils on the bathroom counter and sit in the bathroom with your child.

## Honey Onion Cough Syrup

### Ingredients

- 1 small onion (preferably organic)
- Honey (preferably local and raw)
- 1 pint jar with a lid

### Directions

1. Dice the onion and transfer in to the jar
2. Pour honey in to the jar until it just barely covers all pieces of onion
3. Cover the jar and let sit over night
4. The honey will extract juice from the onion creating a liquid that sits on top of the mixture
5. Take 1 Tbsp of this juice every 2-4 hours for duration of cough
6. Keep syrup in the refrigerator



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