

Fever – Treatment and nursing care

DO NOT USE ASPIRIN BASED MEDICINES in children with viral infections – it can increase the chance of getting Reyes syndrome

DO NOT USE ASPIRIN OR ACETAMINOPHENS TO REDUCE A FEVER

Fever is the body's defense mechanism for dealing with infection and inflammation

Keep your child near you

Give a warm sponge down, ensuring the child doesn't get cold from being wet. Massage gently with cloth while sponging

Natural remedies

Lots of rest and love

Lots of fluids

Herbal teas (sweetened with honey as required)

Lemon balm, borage, catnip, mint, parsley, plantain, raspberry leaf, sage, lemon, ginger, fenugreek, elder flower, yarrow, thyme. Add 1 tsp of any of these herbs to 1 cup of boiling water

Garlic/onion syrup – chop up several cloves of garlic or an onion and add 1 – 2 tsp honey. Allow to stand for 1 hour. Take 1 tsp orally as required

Echinacea 3 times daily

Vitamin C hourly

Footbath

Lemon Barley water – pour boiling water over $\frac{1}{4}$ cup barley. Stir and strain. Put barley in a pot, with $\frac{1}{2}$ lemon rind and 1 litre of water. Bring to boil and simmer for 2 hours. Strain and add honey to taste. Serve cold. Add a few grains of cayenne pepper to stimulate circulation, and aid disposal of toxins

When the fever breaks, liquefy 125 ml strawberries, some borage flowers and 2 leaves borage in 250ml water

Mild headaches – 1 tsp of any of the following herbs – vervain, peppermint, basil, chamomile, into 1 cup of hot water. Or $\frac{1}{2}$ tsp hops or $\frac{1}{2}$ tsp catnip to 1 cup hot water