

小孩發燒的情況很普遍

若嬰兒或小孩發燒 (體溫在攝氏 37.5 度或華氏 99.5 度及以上) 並出現其他病徵, 可能有害身體, 因此需要接受治療。然而, 四個月或以下的嬰孩發燒, 無論是否出現病徵, 亦應接受診治。

如何為小孩探熱?

當小孩發燒或身體不適時, 若能知道他/她的體溫會有很大的幫助。探測體溫的最佳位置在腋窩。現時有多種不同的探熱針可供選用, 惟切勿選用玻璃製造的探熱針。正確使用電子或耳膜式探熱針均可準確地量度體溫。

利用電子式探熱針來探測腋窩溫度時, 將探熱針的末端向上放在小孩的腋窩下, 小孩的手臂須緊貼探熱針, 然後根據製造商的指示讀出體溫。

倘若依照正確指示使用, 耳膜式探熱針亦不失為一種快捷、易用及可準確探熱的工具。

觸摸皮膚的探熱方法並不可靠。倘若您並無可供使用的探熱針, 則可觸摸小孩的腹部, 以此反映體溫。

除非小孩可將探熱針維持放在舌頭下三分鐘, 否則不應採用口腔探熱的方法。

不應替五歲以下或患有癲癇症的小孩子採用口腔探熱的方法。

如何替小孩降溫

倘若小孩的體溫上升 (即達攝氏 37.5 度或華氏 99.5 度), 可採取下列步驟:

- 除去小孩子的保暖衣物, 令小孩感覺清涼。讓孩子穿最少的衣物, 例如尿布及背心。
- 服用 Calpol、Tempura、Tylenol 或 Panadol 等含醋氨酚 (Paracetamol) 成分的退燒藥物 (可以是藥水、藥丸或栓劑)。某些醫生或許會處方其他藥物。
- 調低室內溫度, 讓小孩處於近風扇的位置 (惟須確保風扇不要直接吹向你的小孩)。
- 發燒會令水份透過皮膚加劇流失, 故應確保發燒的小孩多喝清水。

應按照小孩的歲數正確地使用藥物的份量。

在服用藥物 45 分鐘後再次探熱, 屆時體溫應已下降攝氏 1 度或華氏 1.5 度。緊密地監察着小孩的體溫及適當地使用藥物, 直至小孩的體溫回復正常 (即攝氏 35.6-37 度或華氏 98-99 度)。

如體溫上升至攝氏 38 度或華氏 100.5 度, 可用滲有溫水的海綿敷抹小孩, 請勿使用冷水, 因冷水會令小孩顫抖而令體溫進一步上升。

在下列情況下須把孩子帶返醫院, 或致電求助熱線 (2849 0123):

- 小孩的病徵轉變, 病情惡化。
- 即使在採取退燒步驟後, 小孩的體溫仍維持在攝氏 37.5 度或華氏 99.5 度以上或繼續上升。
- 出現其他徵狀, 例如咳嗽、皮膚疹、頭痛、頭暈、頸痛、腹瀉或嘔吐。
- 小孩無法忍受光線。
- 出現由發熱引起的抽搐。
- 您很擔心小孩的健康狀況。

複診預約

請於 _____ 返回急症室 / 門診部
與 _____ 預約
藥物: _____



MATILDA
INTERNATIONAL
HOSPITAL

明德國際醫院

明德國際醫院

香港山頂加列山道 41 號
求助熱線: 2849 0123
主線: 2849 0111
網址: www.matilda.org

FEVER CARE

孩子發燒怎麼辦?



HEALTH CENTRE
明德醫務中心



MATILDA
INTERNATIONAL
HOSPITAL

明德國際醫院

Fever in children is common.

A fever (temperature of 37.5°C/ 99.5°F and above) in a baby or child who also has other symptoms may be harmful and will need medical attention. Fever in a baby under 4 months old, with or without symptoms, always needs medical attention.

How do I check the temperature?

It is helpful to know your child's temperature when he/she is feverish or generally unwell. The best place to check the temperature is the axilla (in the arm pit). There are various types of thermometers available. However, glass thermometers are not recommended. When used properly digital or tympanic (ear) thermometers are just as accurate.

To take an Axilla temperature, place the end of the thermometer well up in to your child's armpit with the arm held snugly against it. Read the thermometer according to the manufacturer's instructions.

Tympanic (ear) thermometers are quick, easy and accurate, when used correctly by following the instructions.

Skin strips are unreliable. If you do not have a thermometer available, feel your child's abdomen, this is a good reflection of the body's temperature.

Oral temperatures (mouth) should not be taken until your child can hold the thermometer under the tongue for three minutes.

Do not take oral temperatures on any child under five years old or any child who has a history of seizures.



To reduce a high temperature

If your child's temperature is elevated i.e. 37.5°C/99.5°F

- Keep your child cool by removing warm clothing. Leave only minimal clothing e.g. nappy & vest.
- Use a Paracetamol-containing medication (in syrup, tablet or suppository form) such as Calpol, Tempura, Tylenol or Panadol to reduce the fever. Your doctor may have prescribed an alternative medication.
- Lower the room temperature. Use a room fan but do not allow a cooling fan to blow directly on your child.
- Fever increases the loss of water through the skin, so ensure a feverish child has as much as possible to drink.

Always give the recommended or prescribed dosage according to the age of your child.

TOO HOT!
好熱!

Recheck the temperature 45 mins after medication when it should be 1°C or 1.5°F lower. Monitor your child's temperature regularly. Repeat medication as prescribed when necessary until your child's temperature has returned to normal.

If temperature is elevated above 38°C / 100.5°F, tepid sponging may be helpful. Do not use cold water as this will cause shivering and increase temperature.

Return to the Hospital or call the Help line (2849 0123) if

- Your child's symptoms change and his/her condition deteriorates.
- The fever stays above 37.5°C/99.5°F or continues to rise despite following the fever reducing advice.
- Other symptoms such as coughing, skin rashes, headache, drowsiness, neck ache, diarrhoea or vomiting occur.
- Your child is unable to tolerate light.
- There is a febrile convulsion.
- You are at all concerned about your child's wellbeing.

Follow Up

Return to the emergency room/out-patients on _____

Make an appointment with _____

Medication: _____



明德國際醫院

The Matilda International Hospital
41 Mount Kellett Road, The Peak, Hong Kong
Help line: 2849 0123
Main line: 2849 0111
Website: www.matilda.org