



FEVER AND DOSAGE DIARY

Use this chart to keep track of your child's fever and medicine dosing. Make sure any other caregivers use it as well.

Date							
Time							
Temperature							
Medicine							
Dose							
Given By							

IMPORTANT: Give your child only ONE medicine at a time containing acetaminophen.

JOIN TODAY
HEALTHY
ESSENTIALS.ca
Johnson & Johnson FAMILY OF CONSUMER COMPANIES

For more helpful advice visit us on

†Reduces fever for up to 8 hours.
© Johnson & Johnson Inc. 2016






SimpleMeasure™
IMPROVED
Dosing Accuracy



✓ Less Mess

✓ More Precise

DOSAGE GUIDE FOR FEVER & PAIN

RECOMMENDATION FOR:			<div>DOCTOR RECOMMENDS #1 Children's TYLENOL®</div>			<div>Children's Motrin®</div>	
Age	Weight (Note: For Most Accurate Dosing, Dose By Weight)		<div>Infants' SUSPENSION CONCENTRATED DROPS 80 mg/1 mL</div> 	<div>Children's LIQUID SUSPENSION 160 mg/5 mL</div> 	<div>Junior STRENGTH CHILDREN'S CHEWABLES 160 mg per tablet</div> 	<div>Infants' SUSPENSION CONCENTRATED DROPS 40 mg/1 mL</div> 	<div>Children's LIQUID SUSPENSION 100 mg/5 mL</div> 
	lbs	kgs	SINGLE ORAL DOSE				
<input type="checkbox"/> 0-3 mos	Under 12	Under 5.5	Consult a doctor for dosing under 4 months				
<input type="checkbox"/> 4-11 mos	12-17	5.5-7.9	1 mL	Use Infants' TYLENOL® Suspension Concentrated Drops		1.25 mL	Use Infants' MOTRIN® Suspension Concentrated Drops
<input type="checkbox"/> 12-23 mos	18-23	8-10.9	1.5 mL			1.875 mL	
<input type="checkbox"/> 2-3 yrs	24-35	11-15.9	—	5 mL	1 tablet	—	5 mL
<input type="checkbox"/> 4-5 yrs	36-47	16-21.9	—	7.5 mL	1 ½ tablets	—	7.5 mL
<input type="checkbox"/> 6-8 yrs	48-59	22-26.9	—	10 mL	2 tablets	—	10 mL
<input type="checkbox"/> 9-10 yrs	60-71	27-31.9	—	12.5 mL	2 ½ tablets	—	12.5 mL
<input type="checkbox"/> 11 yrs	72-95	32-43.9	—	15 mL	3 tablets	—	15 mL

Infants', Children's & Junior Strength Children's TYLENOL® products dosage guide is based on a 10-15 mg acetaminophen/kg/dose. Single dose may be repeated every 4-6 hours, as needed. It is hazardous to exceed 5 doses of acetaminophen per day. Refer to package insert for dosing instructions. Infants' and Children's MOTRIN® product single doses may be given every 6 to 8 hours as needed, but do not exceed 4 doses per day unless advised by your doctor. Refer to package insert for dosing instructions.

Only Infants' MOTRIN® Suspension Concentrated Drops 40 mg/mL and Infants' TYLENOL® Suspension Concentrated Drops 80 mg/mL are labelled for children under 2 years of age. Consumer labelling for Children's MOTRIN® Suspension 100 mg/5 mL, Children's TYLENOL® Liquid Suspension 160 mg/5 mL or for Junior Strength TYLENOL FASTMELTS® Tablets 160 mg does not offer dosing for children under 2 years of age. Package label does not provide dosing for use in infants less than 4 months of age for Infants' TYLENOL® Suspension Concentrated Drops 80 mg/mL or Infants' MOTRIN® Suspension Concentrated Drops 40 mg/mL. Please consult a doctor for dosing under 4 months of age.

Infants' and Children's TYLENOL® products are indicated for the temporary relief of mild to moderate pain in a wide variety of conditions involving musculoskeletal pain, headache pain, earache, the symptomatic reduction of fever due to the common cold, flu and other viral or bacterial infections, immunization and teething pain.

Infants' and Children's MOTRIN® products are indicated for the temporary relief of minor aches and pains in muscles, bones and joints, headache, fever, the aches and fever due to the common cold or flu, immunizations, toothache (dental pain), sore throat and earache.

For more information please consult www.tylenol.ca or the package inserts.

TREATING YOUR CHILD’S FEVER

WHAT WAYS CAN I TAKE MY CHILD’S TEMPERATURE?

The following are the best ways to take your child’s temperature:

- ✓ Orally (by mouth)
- ✓ Rectally
- ✓ Under the arm (also called axillary)
- ✓ Ear

DECIDING THE BEST METHOD*

Based on your child’s age, use the table below to determine what is the best method for taking their temperature.

AGE	RECOMMENDED METHOD
Birth to 2 years	1 st choice: Rectum (for an accurate method) 2 nd choice: Armpit
Between 2 and 5 years	1 st choice: Rectum (for an accurate method) 2 nd choice: Ear, Armpit
Older than 5 years	1 st choice: Mouth (for an accurate method) 2 nd choice: Ear, Armpit

*Source: Canadian Paediatric Society

WHAT MEDICATION CAN I GIVE MY CHILD?†

Infants’ or Children’s **TYLENOL®** (acetaminophen) OR Infants’ or Children’s **MOTRIN®** (ibuprofen) are both effective medication options for the relief of your child’s fever. These products may not be suitable for your child; always read and follow the labels. **IMPORTANT:** Do not give your child more than ONE medicine at a time containing acetaminophen.

†Source: **TYLENOL®** Healthcare Professional Prescribing Information & **MOTRIN®** Product Monograph

OTHER THAN MEDICATION, ARE THERE OTHER WAYS TO LOWER MY CHILD’S FEVER?‡

- Giving your child plenty to drink can help prevent dehydration, which is when your body does not have enough fluid. Water, clear soups, popsicles and flavoured gelatin are good choices to help them get the fluid they need.
- Since moving around raises their temperature, it helps to keep your child calm and quiet.
- Keep the room temperature at about 21°C (70°F) to 23°C (74°F).
- Don’t dress your child too heavily—light cotton pyjamas are good because they don’t trap body heat, which can cause their temperature to rise.

‡Source: The College of Family Physicians of Canada

WHAT TEMPERATURE INDICATES A FEVER? THAT DEPENDS ON HOW IT WAS TAKEN.†

- Orally:** Higher than 37.5°C (99.5°F)
- In the ear:** Higher than 38.0°C (100.4°F)
- In the rectum:** Higher than 38.0°C (100.4°F)
- In the armpit:** Higher than 37.5°C (99.5°F)









†Source: Canadian Paediatric Society

CALL YOUR DOCTOR IF YOUR CHILD’S TEMPERATURE EXCEEDS 38.3°C (101°F) FOR MORE THAN 24 HOURS.

KNOW THE DIFFERENCE

Infants’/Children’s **TYLENOL®** and Infants’/Children’s **MOTRIN®** work differently to relieve your child’s pain and/or fever. It is important to understand the difference between these products so you can choose the most appropriate medication for your child. If you are unsure, it is always best to speak with your physician or pharmacist.

	What is the active ingredient?	When should I use these?	How long can it last?	How could it affect my child’s tummy?	
	Acetaminophen 	Use as a first line of defense to treat pain and/or fever.	Infants’/Children’s TYLENOL® is dosed every 4-6 hours.	Gentle on the tummy.	 #1 Doctor recommended*
	Ibuprofen 	Try Infants’/Children’s MOTRIN® should fever or pain persist as the active ingredient in Infants’/Children’s MOTRIN® works differently.	Infants’/Children’s MOTRIN® relieves fever for up to 8 hours, helping your child get through the day or night.	May cause some irritation to sensitive tummies.	 8 Hour† FAST FEVER & PAIN RELIEF

© Johnson & Johnson Inc. 2016
To be sure any of these products are right for your child, always read and follow the labels.
*Children’s oral analgesics, 2015, Rogers Healthcare Group Surveys on OTC Physician Counselling and Recommendations
†Reduces fever up to 8 hours.