



幼兒發燒時該怎麼辦？

<https://www.acma.org.nz/s/Fever.pdf>

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發燒

Fever

- 在幼兒時期是常見的
Very common in childhood
- 發燒是一種身體抵抗感染的正常反應，並不有害
It is a symptom and the body's natural response to fight infection. It is not harmful
- 也不會造成腦袋損傷
It does NOT cause brain damage
- 可是也許代表著嚴重的感染，所以要注意一些身體的警訊
Can be a sign of serious infection, so do need to know the worrying features

發燒原因

Causes

- 如果是兩歲以下的幼兒，大多數造成發燒的原因為病毒感染（例如感冒或腸胃炎）
If under 2 years, most fevers are caused by viral illnesses like a cold or gastroenteritis (tummy bug).
 - 通常這些病症會持續7-10天，一天之內發燒會來來去去好幾回
These illnesses can last 7 – 10 days, and the fever may come and go several times each day during this time
 - 抗生素是沒有用的
Antibiotics would not help.
 - 小孩子通常自己會痊愈
Children will get better without medicines
 - 這是建立免疫系統功能的時後
Children build up immunity with these illnesses
 - 只有少部分（3%）高燒的兒童有嚴重的病菌感染，需要接受抗生素的治療
Only a small proportion (3%) with a high fever >38.9°C have a potentially serious bacterial infection, needing antibiotic treatment.
- 疫苗注射
Immunisation
- 一些本身就有疾病的小孩子，通常受的嚴重感染疾病的比率較高

Children with underlying medical issues may have more significant infections

- 發燒的高度跟是否能靠藥物降低並不能代表感染原因

How high the fever is or whether it decreases with pamol/brufen are not indicators of what cause the fever

小孩子發燒怎麼處理？

How you can manage the fever:

這些步驟可以讓你的小孩感覺比較舒適

Giving these extra cares will help your child feel more comfortable.

- 脫衣服，只剩下尿布跟薄背心
Undress your child leaving a nappy and singlet on.
- 多補充水分。如果小孩是想吃食物的話就盡量餵食
Give your child lots of fluids regularly and keep encouraging them. Let them eat if they feel they want to.
- 讓房間保持涼爽，可是不能讓小孩子直接面對涼風
Keep the room cool, but don't have draughts blowing directly on them.
- 溼面巾在臉上可以讓小孩舒適，可是不能全身弄濕
A cool face cloth can help them feel better, but don't sponge their whole body down.
- 降低發燒程度能讓小孩子舒服一點，可是不會讓疾病早點痊愈
Reducing fever may make your child more comfortable but will not make the illness go away more quickly.
- 如果你的小孩看起來急躁不舒服，或著疼痛，你可以跟著指示服藥普拿疼（Paracetamol）每4到6小時一次，一天4次
If your child seems irritable or is in pain you may choose to give Paracetamol ("Pamol", "Panadol") up to every 4-6 hours, up to 4 times a day, as directed on the bottle.
- 不要跟小孩睡同張床，這只會讓發燒更糟糕
Don't sleep in the same bed as your child, you may make the fever worse.

什麼時候要看醫生？

When to see a doctor?

- 六個月以下的嬰兒
Young children <6 months of age
- 不正常的昏睡/昏迷
Unusually sleepy
- 呼吸困難
Having difficulty breathing
- 迷糊或癲癇
Disorientated or has a 'fit' (convulsion)
- 飲食或喝水不到正常的一半或一天排尿不到兩次
Taking less than ½ normal fluids / passing urine less than twice a day
- 頭痛或脖子痛
Complaining of a sore neck or head
- 耳朵痛或肚子痛
Complaining of pain – such as earache or abdominal pain
- 起疹子（尤其是深紫色）
Developing a rash (especially dark purple spots)
- 48 小時之內沒有好轉
Not improving within 48 hours

如果你需要救護車，請打111

If you need an Ambulance dial 111

