

## FEVER

- Knowledge Attitude Practice** After working through this lesson, participants will be able to
1. Know how to measure the body temperature with a thermometer.
  2. Describe a normal temperature, a low fever, and a high fever.
  3. Know how to care for a child with a fever.

**Overview** This series of lessons is based on the *Health Education Program for Developing Communities*, which is available from <http://hepfdc.info/>. These lessons are accompanied by a series of health teaching booklets on the individual topics. These lessons are based on information and standards from the World Health Organization. The lessons can be used with adults or with older children and teens.

- Materials** *Collect these items before beginning the lesson:*
- Poster-size paper, markers, and masking tape
  - Role Play
  - Handouts:
    1. *Checking for Fever*
    2. *Treatment of Pain and High Fever*
  - *Fever teaching booklet.*

### **LESSON**

60 minutes

#### **Role Play:** (5 minutes)

*Instructions:* A mother approaches a group of her friends.

- 1<sup>st</sup>: My baby is burning up! I don't know what to do.  
2<sup>nd</sup>: Be sure to give her some antibiotics. The stronger, the better  
3<sup>rd</sup>: You need to wrap her in a blanket.  
4<sup>th</sup>: She needs to take aspirin.  
2<sup>nd</sup>: She needs a shot.  
3<sup>rd</sup>: Be sure to dress her warmly.

Ask SHO Questions:

*What did you **S**ee?*

*What was **H**appening?*

*Does this happen in **O**ur place?*

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#### **Fever** (20 minutes)

*Instructions:* Discuss in large group.

- A.** What is a fever? When do you have a fever?
1. A fever is a high body temperature.
  2. People who are sick often have a fever.
  3. People with infections get a fever.
- B.** How do you see if there is a fever?
1. With a thermometer

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2. With a digital or electronic thermometer
- C.** Where do you put a regular thermometer?
  1. In the mouth (for older children and adults, not for babies and small children)
  2. Babies and small children could bite the thermometers. (Many thermometers contain mercury, which is a poison.)
  3. You can also put the thermometer in the armpit.
  4. With babies or small children, take a rectal temperature.
  5. Put the thermometer in the baby's rectum or bottom.
- D.** How do you use a thermometer? Give out thermometers and demonstrate how to use them, if available. Also use the illustration, Checking for fever.
  1. Keep the thermometer in place for two minutes.
  2. Take it out.
  3. Rotate the thermometer and look for the silver or red line.
  4. Read the numbers next to the line.
  5. After you use the thermometer, wash it well with soap and water.
- E.** What is a normal temperature? What is a fever?
  1. A normal temperature is 37° C. or 98.6° F.
  2. A low fever is between 37° and 39° C.
  3. A temperature of 39° C. and above is a high fever.
- F.** Practice taking each other's temperature.
- G.** What is a digital or electronic thermometer? How is it used?
  1. A digital thermometer is placed in the mouth or ear.
  2. A digital thermometer tells the temperature with numbers (or digits).
  3. A digital thermometer is safer than a regular thermometer.
  4. But they may not be available everywhere.

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### **Caring for a Child with a Fever** (10 minutes)

*Instructions:* Give out the illustration, Treatment of pain and high fever. Discuss in large group.

- A.** What do you notice about the baby? What do you recommend for her?
  1. She has a high fever—over 39° C.
  2. She is dressed warmly
  3. That will make her hot and uncomfortable.
  4. She would be more comfortable with less clothing.
  5. A sponge bath or bathing the child with lukewarm water will help bring down her temperature.
- B.** What are your other recommendations for caring for a fever?
  1. Give lots of fluids.
  2. You can give Paracetamol (acetaminophen) for a high fever or for pain such as a headache.
  3. Paracetamol may help bring down the fever and make her feel better
- C.** What are your recommendations about medicines?
  1. Medicines like Paracetamol just help the symptoms of fever or pain.
  2. They don't cure the underlying problem.
  3. Do not give aspirin to babies or young children.
  4. Aspirin can lead to serious problems like Reye syndrome. (Reye syndrome is a problem of the liver and nerves.)
  5. Give medicines at the right dosages
  6. Even medicines like aspirin and ibuprofen can cause stomach damage and ulcers.

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### **Teaching Booklets** (20 minutes)

- A. Divide into pairs. Practice teaching each other the *Fever* teaching booklet.
  - B. During the week, visit your friends and neighbors to teach about fever using the teaching booklet.
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### **References:**

Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

## HEALTH EDUCATION: FEVER - STARTER

Role play:

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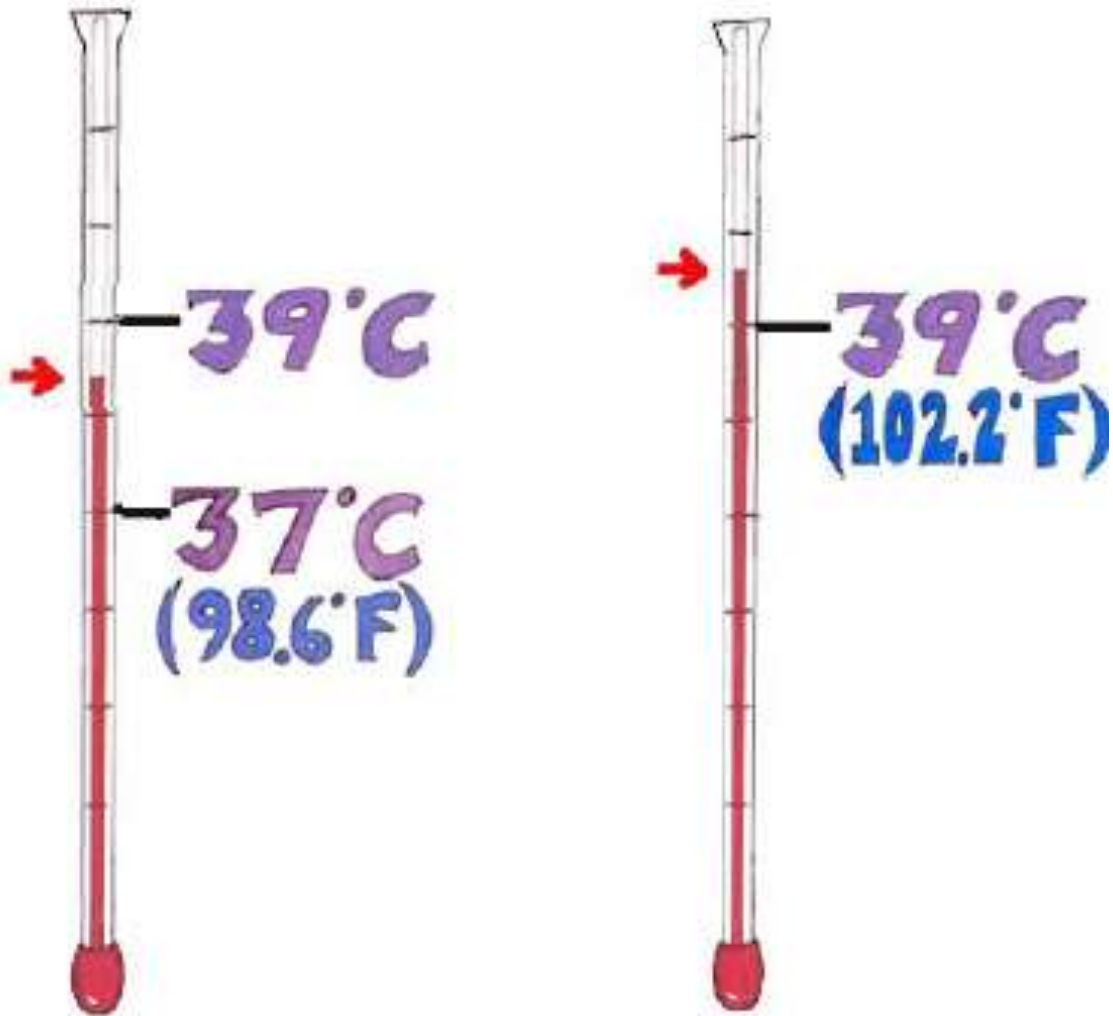
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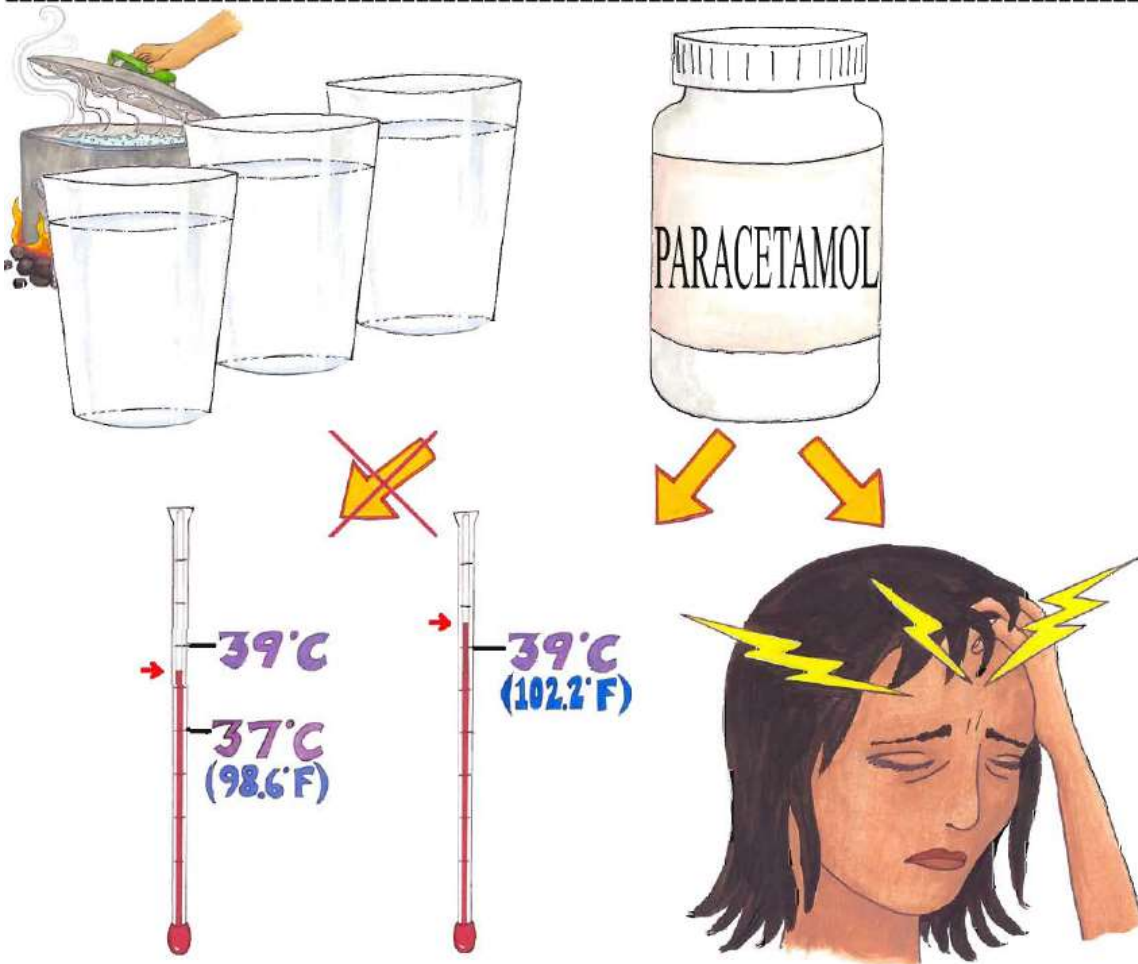
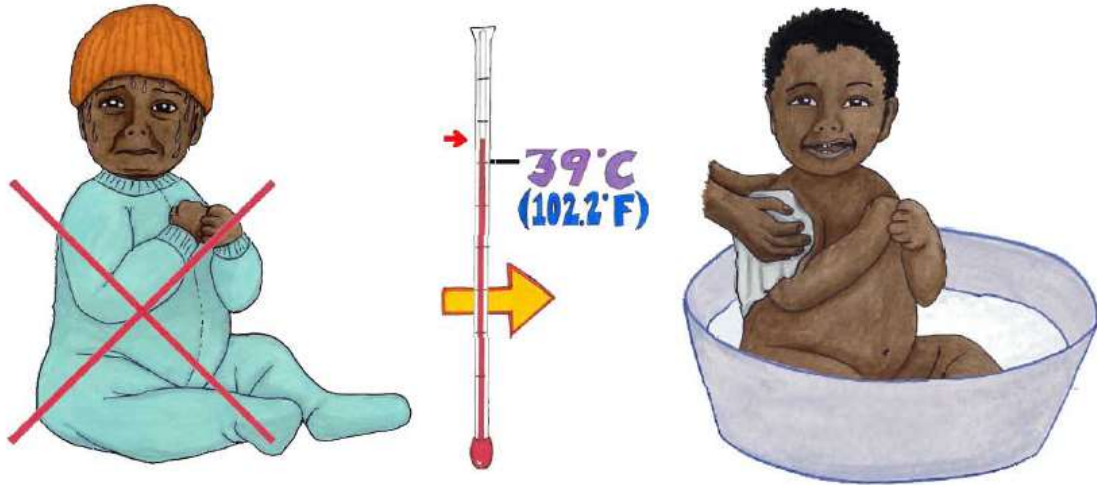
### CHECKING FOR FEVER



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>

# HEALTH EDUCATION: FEVER

## TREATMENT OF PAIN AND HIGH FEVER



Source: Health Education Program for Developing Communities. Available from: <https://hepfdc.org/>