



養和醫院

寶寶發燒 怎麼辦？



門診部

為何會發燒？

發燒是一種病徵，是身體的免疫系統抵抗疾病的一種自然保護功能。

常見的疑問

1. 體溫越高，病況是否越嚴重？

體溫的高低與病況的輕重不一定成正比。如體溫高過攝氏 41°C，應立即往見醫生。



2. 發燒會燒壞腦嗎？

造成腦部的真正損壞是腦炎或腦膜炎，發燒只是病徵之一。除非體溫高達攝氏 41°C，否則對腦部的影響不大。



3. 發高燒時便會抽筋？

因發燒引致抽筋即是發燒性痙攣，多出現於一至兩歲間的小孩，及體溫高達攝氏 38°C 時有可能發生。根據統計，約五成的病例為遺傳性，而其他情況則原因不明。但絕大多數小孩均沒有發燒性痙攣傾向，所以一般發高燒是不會引致抽筋。



4. 發燒性痙攣應如何處理？

於發作時，家長應保持鎮定，側臥病童以保呼吸暢通，保護病童避免碰到硬物而引致受傷及應快求救。



切勿強行制止抽搐而引致骨折。切勿以硬物張開病童的口部而引致牙齒脫落或顎骨受損，鬆脫的牙齒可能會掉進咽喉而引致窒息。

發燒時的處理

1. 除去部份衣服及被蓋。
2. 將窗戶打開，保持室內空氣流通，適當運用風扇及冷氣機來降低室溫，以助病人散熱。
3. 用溫水抹身或沐浴，以助降低體溫。
(切記：勿用火酒抹身)
4. 充足的睡眠和休息，多喝清水，可助散熱。
5. 可服用醫生處方的退燒藥，但藥物只能暫時降低體溫，藥力過後體溫可能回升。待疾病痊癒後，體溫便會回復正常。

如有以下情況出現，應盡快求診

1. 目光呆滯、虛弱：小孩不停啼哭、昏睡、食慾不振、不活潑，或持續有嘔吐及腹瀉現象。
2. 體溫高達攝氏 40°C，反應遲緩。
3. 出現嚴重脫水現象，如口唇乾燥、皮膚缺乏彈性、眼球下陷等。

如有查詢，歡迎致電本部門

香港跑馬地山村道二號

電話：28358600

電郵：opd@hksh.com <http://www.hksh.com>

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Hong Kong Sanatorium & Hospital

Fever and Children



Out-Patient Department

What causes fever?

Fever is a symptom, not an illness. It is a natural defense of the body's immune system against infection.

Frequently Asked Questions

1. Is it true that the higher the body temperature, the more serious is the illness?



No. The values of the body temperature may not be in direct proportion to the severity of illness. But high temperature (>41°C) may be in itself a serious condition. Seek medical help immediately.



2. Will fever cause brain damage?

The actual cause of brain damage is encephalitis or meningitis; and fever is one of the symptoms. Unless the temperatures go over 41°C, there would be minimal brain damage.

3. Will fever cause seizures?

The seizure caused by a fever is called febrile seizure. Febrile seizures are common in children between the ages of 1 and 2, triggered by a rise of body temperature over 38°C. Statistics show that 50% of cases are hereditary and others of unknown causes. However, the great majority of children do not have febrile seizures.



4. What to do when my child has a febrile seizure?

When it happens, parents must stay calm. Lay the child down on one side to avoid obstruction of the airway. Remove any object that may injure him. Seek medical

help immediately. DO NOT try to stop the seizure movements, as this may cause fractures. DO NOT try to force anything into his mouth, as this increases the risk of injury to the teeth or jawbone. The broken tooth may obstruct the airway and lead to suffocation.



Home Care for Fever

1. Remove excess clothing or blankets.
2. Open the window and keep the room well-ventilated. The environment should be comfortably cool by using electric fan or air-conditioner.
3. Bathe or sponge the child in lukewarm water to help cool down the fever. (Remember: DO NOT use alcohol rubs)
4. Have the child take rest and drink lots of water.
5. Have the child take the prescribed medication to reduce fever. However, the effect is temporary and the body temperature may bounce back up, until the illness is treated and the body temperature will then return to normal.

Seek medical help immediately if:

1. If the child is sluggish and weak, showing signs of irritability, confusion, loss of appetite, inactivity, continuous vomiting and diarrhea.
2. If the fever exceeds 40 °C and the child is lethargic.
3. If the child has symptoms of dehydration, such as dry and chapped lips, poor skin turgor and sunken eyes.

For further enquiries, please contact us at :

2 Village Road, Happy Valley, Hong Kong

Tel : 2835 8600

E-mail : opd@hksh.com [http:// www.hksh.com](http://www.hksh.com)

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