

## Management Tips 護理小資訊



Apart from complying with the doctor's treatment and prescription, knowing how to manage fever at home is also important.

除依照醫生的治療或處方外，依循正確的方法來為發燒的孩子居家護理也是同樣重要。

For more information about the tips, please scan the QR code to the following government website:  
詳情可掃瞄二維碼，參考以下政府網頁：



中文版本



English Version



## Please scan the QR code for Information & Instructions for Other Medications.

如欲索取其他藥物資料及指引，  
請掃瞄二維碼。



### Disclaimer 免責聲明

The above information provided is for reference only. Please consult your doctor or pharmacy staff for any enquiries.

此資訊只供參考之用。如有任何疑問，請向主診醫生或藥房職員查詢。

### Contact 聯絡

Drug information Hotline 藥物查詢熱線: 2339 8964

Website 網頁: [www.hkbh.org.hk](http://www.hkbh.org.hk)

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藥劑部 11-2023



## MEDICATIONS FOR FEVER IN CHILDREN 兒童發燒的藥物



Pharmacy Department 藥劑部

Normal Body Temperature 正常體溫	
Tympanic (Ear) 耳探	35.8 - 38°C (96.4-100.4°F)
Axillary (Armpit) 腋探	34.7 - 37.3°C (94.5-99.1°F)
Rectal 肛探	36.6 - 38°C (97.9-100.4°F)
Oral 口探	35.5 - 37.5°C (95.9-99.5°F)

Ref: Centre for Health Protection: Guidance Note on Monitoring of Body Temperature (Last updated in Nov 2020)

## General Use of Antipyretic: 一般退燒藥使用原則:

Medication dose depends on the child's age and body weight. Therefore, it is recommended to seek advice from doctors before combining different antipyretics.

藥物的劑量會按兒童的年齡及體重計算，所以沒有醫生的指示下不要隨意併用不同的退燒藥。



## Antipyretics for children can be classified into two categories: 兒童常用的退燒藥主要分為兩大類:

	Oral form 口服	Rectal form 肛門塞藥
Paracetamol (acetaminophen) 撲熱息痛	✓	✓
Non-steroidal anti-inflammatory drug (NSAID) 非類固醇消炎止痛藥	✓ (Ibuprofen 布洛芬)	✓ (Diclofenac 雙氯芬酸)



- Oral paracetamol is the first line medication for low-grade fever. Patient can follow doctor's instruction to take NSAID when body temperature is not reduced after paracetamol or body temperature continues to increase.

一般低燒情況以口服(撲熱息痛)為首選。如服用撲熱息痛後體溫仍未下降，或持續上升，可根據醫生處方服用非類固醇消炎止痛藥。

- It is best to give oral ibuprofen with, or after meal so it does not give them indigestion. Diclofenac suppository can lower body temperature faster or use when children are unable to swallow. 口服劑 (布洛芬) 建議飽肚或飯後服用，以減少腸胃不適。消炎止痛肛門塞藥可以較快降低體溫，及適合不擅長吞嚥藥物的兒童使用。

## Principle of Concomitant Use of Antipyretic 併用退燒藥的原則

