

# PAEDIATRIC PAIN AND FEVER



Brought to you by

**Panado**  
A dose of care.

Pain and fever are common occurrences in childhood, so it's essential that parents recognize the signs, manage symptoms effectively, and know when to seek medical advice.

## WHAT CAUSES MILD TO MODERATE PAIN AND FEVER IN CHILDREN?

- **Viral or bacterial infections** that can cause mild to moderate pain and fever in children include the common cold, a sore throat or common childhood illnesses.
- **Teething** in young children is often a cause of discomfort as the tooth erupts through the gums. Cavities may also cause toothache in older children.
- **Headaches** are common, occurring in up to 75 percent of school-aged children. There are many causes of childhood headaches, but some of the more common include as a symptom associated with upper respiratory tract infections (ear, throat or sinus infection, or an allergy); a minor bump on the head; or a tension headache.

## WHAT IS FEVER?

### Fever:

- is a normal response of the body to illness that facilitates and accelerates recovery.
- is defined as a body temperature  $\geq 38^{\circ}\text{C}$  (degrees Celsius). Note that in children, it is more accurate to measure body temperature in the ear, or in the axilla (armpit).
- is frequently a cause for concern among parents and healthcare providers.
- causes discomfort, which is often associated with pain due to the underlying condition such as a sore throat or headache.
- is not harmful in itself. However, fever in a child younger than 3 months of age should be further investigated by your healthcare provider.

## TREATMENT OF PAIN AND FEVER IN CHILDREN

- Medicines to relieve pain and fever are mostly given to relieve the discomfort. This enables the child to eat better, may reduce the risk of dehydration and reduce irritability.
- Over-the-counter medications such as paracetamol may be given to children to relieve pain and fever. Note that aspirin should not be given to children or adolescents, as it increases the risk of a rare but serious condition called Reye's syndrome.
- Due to anxiety about fever, parents or caregivers may give more medicine than is needed to adequately treat a fever. On the flip side, pain, especially in young children, is often undertreated.
- For pain and fever medicine to work most effectively, it is very important to give it to the child at the correct prescribed dose, at the correct scheduled time.
- For example, for effective control of pain, paracetamol should be given as a scheduled dose over time, and not "as needed".
- Giving too much medicine may result in unwanted side effects or toxicity, while giving too little will hamper the effect of the medicine.

## PARACETAMOL IN THE TREATMENT OF PAIN AND FEVER IN CHILDREN

Paracetamol has a dual action, which means it relieves mild to moderate pain as well as fever in children. It is the first-line choice for treatment of pain and fever according to national and international guidelines and recommendations, and is included in the List of Essential Medicines for Children of the World Health Organization (WHO).

Paracetamol may be given to children younger than 3 months of age, and to children with chickenpox.

Panado (which has paracetamol as its main ingredient) has a wide range of products specially formulated for children to provide fast pain and fever relief, including sachets, drops and syrups in a variety of appealing flavours.

The table below shows which products are suitable for your child according to age. Check with your doctor or pharmacist about products and doses if you have any uncertainty. Note that children aged 9-12 years can also take Panado capsules and tablets from 6-12 years, but appropriate dosage is less than for adults. Children over 12 years of age can take Panado capsules and tablets according to adult dosages.

Panado formulation		From 0+ months	From 3 months	From 6 years	From 9 years	From 12 years	Adults
Syrups	Panado® Paediatric Syrup Alcohol & Sugar Free - Peppermint flavour	✓					
	Panado® Paediatric Syrup - Peppermint flavour	✓					
	Panado® Paediatric Alcohol Free - Grape Flavour	✓					
	Panado® Paediatric Syrup - Strawberry		✓				
Sachets	Panado® Paediatric Syrup 5 mL Sachet - Peppermint flavour	✓					
Drops	Panado® Infant Drops		✓				
Tablets	Panado® Tablets			✓	✓	✓	✓
Effervescent tablets	Panado® Effervescent tablets			✓	✓	✓	✓
Capsules	Panado® Capsules				✓	✓	✓

Suitable Panado products according to age<sup>6-13</sup>

## TIPS ON THE CORRECT ADMINISTRATION OF MEDICATION FOR PAIN AND FEVER

- Doses should be measured carefully to avoid over- or under-dosing.
- If the child has a fever and their temperature does not come down after one dose, do not administer another dose immediately. Wait for the appropriate dosing interval to pass and only give another dose at the correct time.
- If the child vomits immediately after taking a dose of medicine, another dose may be given.
- Avoid combination products and "cough and cold medicines", as these complicate dosing and may increase the risk of overdose and side-effects.
- Fever medication should not be administered for longer than two days without consulting a doctor.

## HOME CARE TIPS FOR A FEVER

- Do not overdress or under-dress the child, or wrap them in heavy blankets.
- Encourage the child to drink fluids regularly (breast milk is best for breastfeeding babies).
- To ensure that you are using the correct medication at the correct dose, speak to your doctor or pharmacist before administering medication for fever.
- Check the child during the night, but do not wake them just to administer medication for fever.
- Seek further medical advice if the fever does not get better within 48 hours, or if the child's condition worsens.
- Sponging with tepid water is not recommended.



## MEDICAL REFERENCES

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2. Hennessy BJ. Toothache. Merck Manual Consumer Version. Reviewed January 2024. Accessed 17 September 2024. Available from: <https://www.merckmanuals.com/en-pr/home/mouth-and-dental-disorders/symptoms-of-oral-and-dental-disorders/toothache>
3. Bonthius DJ, Hershey AD. Headache in children. Beyond the basics. Last updated November 2022. Accessed 17 September 2024. Available from: <https://www.uptodate.com/contents/headache-in-children-beyond-the-basics/print>
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6. Panado® Tablets approved professional information, July 2016.
7. Panado® Capsules approved professional information, July 2016.
8. Panado® Effervescent (Tablets) approved professional information, July 2016.
9. Panado® Paediatric Syrup approved professional information, May 2022.
10. Panado® Paediatric Syrup Alcohol and Sugar Free approved professional information, May 2022
11. Panado® Infant Drops (Drops) professional information, August 1990.
12. Panado® Paediatric Syrup Strawberry approved professional information, March 2002.
13. Panado® Paediatric Alcohol Free – Grape Flavour approved professional information, October 2022.

### CONTAINS PARACETAMOL

Panado® is indicated for the symptomatic treatment of mild-to-moderate pain and fever. Refer to Professional Information / Patient Information Leaflet for full dosage and directions for use. Do not exceed the recommended dose. Do not use for more than 10 days without consulting your doctor. KEEP ALL MEDICINES OUT OF THE REACH OF CHILDREN. PANADO® PAEDIATRIC SYRUP 5ml Sachets are for single use only. Always administer using a medicine measure or a syringe. Discard remaining contents of sachet after administration of the correct dosage. [S0] (Pack sizes of <25 tablets) [S1] (Pack sizes of ≥ 25 tablets) Panado® Tablets. Each tablet contains Paracetamol 500 mg. Reg. No.: B/2.8/858. (PI 07/2016). [S0] Panado® Effervescent Tablets. Each tablet contains Paracetamol 500 mg. Reg. No. V/2.7/219. (PI 07/2016). [S0] (Pack sizes of <25 capsules) [S1] (Pack sizes of ≥ 25 capsules) Panado® Capsules. Each capsule contains Paracetamol 500 mg. Reg. No. S/2.8/57. (PI 07/2016). [S0] Panado® Paediatric Syrup Strawberry. Each 5 ml syrup contains 120 mg Paracetamol. Reg. No. 35/2.7/0112. (PI 03/2002). [S0] Panado® Paediatric Alcohol Free – Grape Flavour Syrup. Each 5 ml syrup contains Paracetamol 120 mg. Reg. No. 50/2.7/1083. (PI 10/2022). [S0] Panado® Paediatric Syrup. Each 5ml syrup contains Paracetamol 120 mg. Reg. No. B/2.7/1143. (PI 05/2022). [S0] Panado® Paediatric Syrup Alcohol and Sugar Free. Each 5 ml syrup contains Paracetamol 120 mg. Reg. No. V/2.8/208. (PI 05/2022). [S0] Panado® Infant Drops. Each 0,6 ml contains Paracetamol 60 mg. Reg. No. V/2.7/209. (PI 08/1990). For full prescribing information refer to the Professional Information approved by SAHPRA.

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