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To the Parents of Nola Bolla,

Nola has a fever, which is an elevated body temperature. The body keeps a normal body temperature by making heat from activity, and releasing heat through the skin. The brain controls this. Fever is a change in this control in response to something.

Fever is a body temperature above 100°F. It is usually a reaction to infection. There are other things that cause a fever, such as injury and some cancers. Usually we can tell what it is, but not always. In most cases it's a virus, and if it is it will clear in a day or two.

Treatment of fever is aimed at making Nola comfortable. If the fever is not bothersome, no treatment is necessary. Medicines available without a prescription are often enough, such as acetaminophen. Cool baths can lower body temperature, but don't actually cure the fever.

Acetaminophen, also called Tylenol, Panadol, and Temptra, is a pain and fever medicine in pill form. Appropriate dosage is two pills every four hours as needed. Alcohol should be avoided while taking acetaminophen, and one should never take more than 4,000mg in a day.

A few things to watch for: if Nola's temperature rises above 105.5°F (41°C); if she becomes lethargic or can't think clearly; or if she has a seizure or sudden headache and vomiting, these could be signs of a more serious condition and she should go to a hospital emergency room.

Please note that this letter is only an informational guide and a summary of the things we discussed. It does not take the place of first-hand medical diagnosis and treatment. Thank you for coming in today.

Sincerely,

Dr. Morin