

SPONGE BATH FOR REDUCING FEVER IN BABIES



METHOD OF SPONGING



Put tepid water (29°C to 32°C or 84°F to 90°F) up to a couple of inches in a regular bathtub.

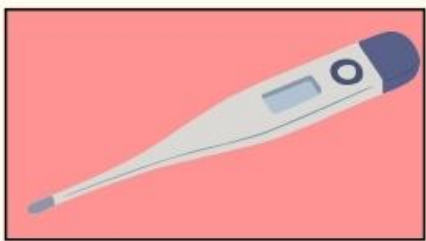
Seat the baby in the tub. Use a clean washcloth to spread a film of water over the torso, arms, and legs. Continue doing so for about half an hour.



The body will cool as the water evaporates. The fever may take about 30 to 45 minutes to reduce by one or two degrees.



PRECAUTION



Check the temperature with a bath thermometer if needed and avoid cold water since it may cause shivering.

Never put alcohol or other additives in the water.



Stop bathing if the baby feels very upset or you notice no difference, even after 45 minutes.

Reference:

1. Treating a Fever Without Medicine; American Academy of Pediatrics