

# Tommy's PFAPA Symptoms

**PFAPA: Periodic Fever with Aphthous stomatitis (mouth sores), Pharyngitis (sore throat with redness) and Adenitis (enlarged lymph nodes)**

- Episodes occur every 20-30 days
- Episodes last 3-4 days
- Temperature ranges from 102 – 105 degrees
- Pain in his legs and abdomen
- Upset stomach or loose bowels
- Limited appetite
- Decreased activity
- Restless nights and difficulty sleeping
- Change in temperament prior to episode
- Talks as if he has something in his throat
- Swollen Lymph nodes
- Noticeable change in shape and look of eyes

## Day Before:

**Symptoms:** extra whiney, cries easily, and will begin to lose his appetite.

**What he needs:** LOTS of patience from adults, time away from others

**Night Before:** Has a restless night, but no fever

## Day 1:

### Symptoms:

- Starts with little to no fever in the morning but it will rise quickly around noon.
- Will be extra clingy at AM drop-off
- Little to no appetite (often picks only one food to eat for entire episode)
- Talks like there is something in his throat
- May complain of leg or tummy pain

### What he needs:

- Advil in him at all times
- extended nap
- chance to play quietly away from others
- Lots of fluids (typically wants milk)

**Night 1:** This is when his fever is typically the highest (peaks around 105)

## Day 2:

**Symptoms:** Same as Day 1, temperature will stay around 102 with Advil

**What he needs:** Same as day 1, but he will begin to act normal

**Night 2:** Fever typically rises from the daytime, but Tommy is able to sleep

## Day 3-4:

**Symptoms:** Little to no fever (higher in afternoon/evening) , appetite will begin to return, may still complain his tummy hurts and have loose bowels

**What he needs:** May need Advil