

Fever Advice Sheet

Name of Child Age Date/Time advice given

Further advice/ Follow up

.....
.....
.....

Name of Professional Signature of Professional

How is your child?



Red

- Blue lips
- Unresponsive and very irritable
- Finding it difficult to breathe
- Has a fit
- Develops a rash that does not disappear with pressure (tumbler test)

You need urgent help

Please call **999**



Amber

- General health gets worse or you are worried
- Signs of dehydration, including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on baby's head), drowsiness and seems generally unwell
- Raised temperature lasts for more than 5 days

You need to contact a doctor or nurse today

Please ring your GP surgery or call **NHS 111**



Green

- If none of the above factors are present

Self Care

Using the advice overleaf you can provide the care your child needs at home

Some Useful Contact Details



GP Surgery

Call

NHS 111

Dial 111

Available 24 hr/7 days a week

GP Out of Hours Service
Appointment booked via
NHS 111 service

Dial 111

Available 24 hr/7 days a week

For online advice: NHS Choices www.nhs.uk (available 24 hours – 7 days a week)

If you need language support or translation please inform the member of staff to whom you are speaking. For more copies of this document, please contact your GP.

Fever Information Sheet

What is a fever?

A fever is an increase in body temperature. This in itself is not dangerous. Your child's body temperature is normally between 36°C and 37°C, variations between 0.5 and 1 degree are common.

Fevers in children are not uncommon. This leaflet provides advice on when to seek help and on what you can do to help your child feel better. Often the fever lasts for a short duration and many children can be cared for at home if the child continues to drink, remains alert and does not develop any worrying symptoms.

However, if you are worried or your child is getting worse with warning symptoms (See Fever Advice Sheet), then you should seek the advice of a healthcare professional.

What is the cause of my child's fever?

If you are talking to a healthcare professional on the telephone, they will ask you questions about your child's health and symptoms. This will help them to decide if your child is best cared for at home or needs to see a healthcare professional face to face.

Sometimes your healthcare professional will not find a reason for your child's fever, even after a full examination. If your child is otherwise looking well, then treatment may not be necessary.

Most children can be safely cared for at home if otherwise well. Your healthcare professional may decide that your child needs a follow-up appointment. They will give you information on how to look for symptoms that may suggest more serious illnesses and how to get further help if they occur.

Looking after my child with a fever

- Give your child plenty of drinks e.g. water or squash. If you are breastfeeding then continue as breast milk is best. Give babies smaller but more frequent feeds to help keep them hydrated.
- Do not worry about food if your child does not feel like eating but encourage them to drink more fluids.
- Look for signs of dehydration such as a dry mouth, lack of tears, sunken eyes, sunken fontanelle – the soft spot on your baby's head, passing less amounts of urine.
- Children with a fever should not be over or underdressed. If your child is shivering or sweating a lot, change the amount of clothes they are wearing.
- Physical methods of cooling your child such as fanning them, cold bathing and tepid sponging can cause discomfort and are not advised.
- Although it is not necessary to treat fever, there are two medicines that can be used to treat distress caused by fever and being unwell. These are ibuprofen and paracetamol and they may make your child feel better. They are equally effective, so you should start with one and only use the other if the first has not worked, but you should not give both at the same time.
- Read the instructions carefully as these medicines come in different strengths, and they may also be contained in other products that your pharmacist sells. If you have any doubt you should tell your pharmacist what you are currently using. Although both are very safe when used correctly, they may be harmful if too large a dose is given or if given too often.
- Check on your child regularly, including during the night, especially if your child is under 6 months old as they are higher risk of serious infection.
- Keep your child away from nursery or school whilst they have a fever.

Fever Information Sheet

What is the 'Tumbler Test'?

- If a rash appears, do the 'tumbler test'. Press a glass firmly against the rash. If you can see spots through the glass and they do not fade, this is called a 'non-blanching rash'. If this rash is present, **seek medical advice immediately** to rule out serious infection.
- The rash is harder to see on dark skin so check paler areas such as the palms of hands and soles of feet.

