Fever Advice

For Children and Young People

If your baby is under 6 months seek medical advice without delay

Choose well.

www.nhs.uk

East Berkshire Children and Young People’s Advisory Group

NHS
What to do:

- If your child becomes sleepy
- If your child becomes diarrheal
- If your child has a fever
- If your child develops a rash

- If your child’s health worsens
- If your child is not drinking
- If your child has significant difficulty swallowing
  (soft spot on baby’s head generally unwell)
- If your child’s fever persists

- If you have concerns about your child at home

Further Advice / Follow-up
do if your child has

- not unresponsive
- is blue
- is breathing hard to breathe
- has a rash that does not disappear
- the 'Tumbler Test' overleaf

- if it gets worse or if you are worried
- drinking
- signs of dehydration including dry
- sunken eyes, sunken fontanelle (head), drowsiness and seems
- lasts longer than five days

is about looking after your
If your baby is under 6 months seek medical advice without delay
Advice for treating children with fever

Most fevers (high temperatures) in children are not serious and are due to the common infections of childhood such as coughs, colds and other viral infections. However, sometimes a fever is a symptom of a serious infection.

This leaflet gives some advice in how to look after a child with fever. The traffic light diagram overleaf gives some pointers in where to seek advice in the local area. On the back, you will find some guidance on looking after your feversish child.

If your baby is under 6 months seek medical advice without delay.

If you need another language or have difficulty in reading this leaflet, please contact the Patient Advice and Liaison Service (PALS) on 01753 635615

Do the ‘Tumbler Test’ if your child has a rash. Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a ‘non-blanching rash’. If you see this type of rash, seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palm of the hands, soles of the feet, tummy and inside the eyelids.
Looking after Your Feverish Child over 6 months
- Check your child during the night to see if they are getting better.
- If a rash appears do the ‘Tumbler Test’, (see left)
- If you are concerned that your child is not improving follow the advice on the traffic light diagram overleaf.
- Children with fever should not be under or over dressed.
- If your child is hot to touch remove some of their clothes.
- If your child is distressed or very unwell you may use medicines (paracetamol or ibuprofen) to help them feel more comfortable. However, you may not need to use these medicines.
- Please read the instructions on the medicine container
- Don’t give both paracetamol and ibuprofen at the same time. If your child has not improved after 2-3 hours you may want to give them the other medicine.
- Please ask your local community pharmacist for more advice about medicines.
- Never give aspirin to a child.
- Offer your child regular drinks.
- If your child is due to have immunisations, please consult your GP, Practice Nurse or Health Visitor for advice as there may be no need to delay the appointment.
- If you need to keep your child away from nursery or school while they are unwell and have a fever, please notify the school. Your Health Visitor, Community Nurse or GP will be able to advise you if you are unsure.

Important Numbers
Your GP Surgery: ____________________________

Health Visitor: ____________________________

GP Out of Hours Service: 0118 936 5390
06:30pm to 08:00am Seven days a week
NHS Direct: 0845 46 47
24 hour confidential telephone advice service
NHS Walk-in Centre - Upton Hospital, Slough
Seven days a week. Call 01753 635505 for opening times.

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