

## Seek further advice if . . .

- Your child is vomiting and not keeping any fluids down
- Your child develops signs of dehydration (see overleaf)
- Your child is 0-3 months and their temperature goes up to 38c or above
- Your child is 3 months or above and their temperature goes up to 39c or above
- Your child's temperature does not come down, despite giving paracetamol or ibuprofen
- Your child has a fit (seizure) or starts to twitch or shake
- Your child develops a rash that does not disappear with pressure (see the 'tumbler test')
- Your child is complaining of a headache which does not settle with the above measures or has an obvious or unusual high pitched cry

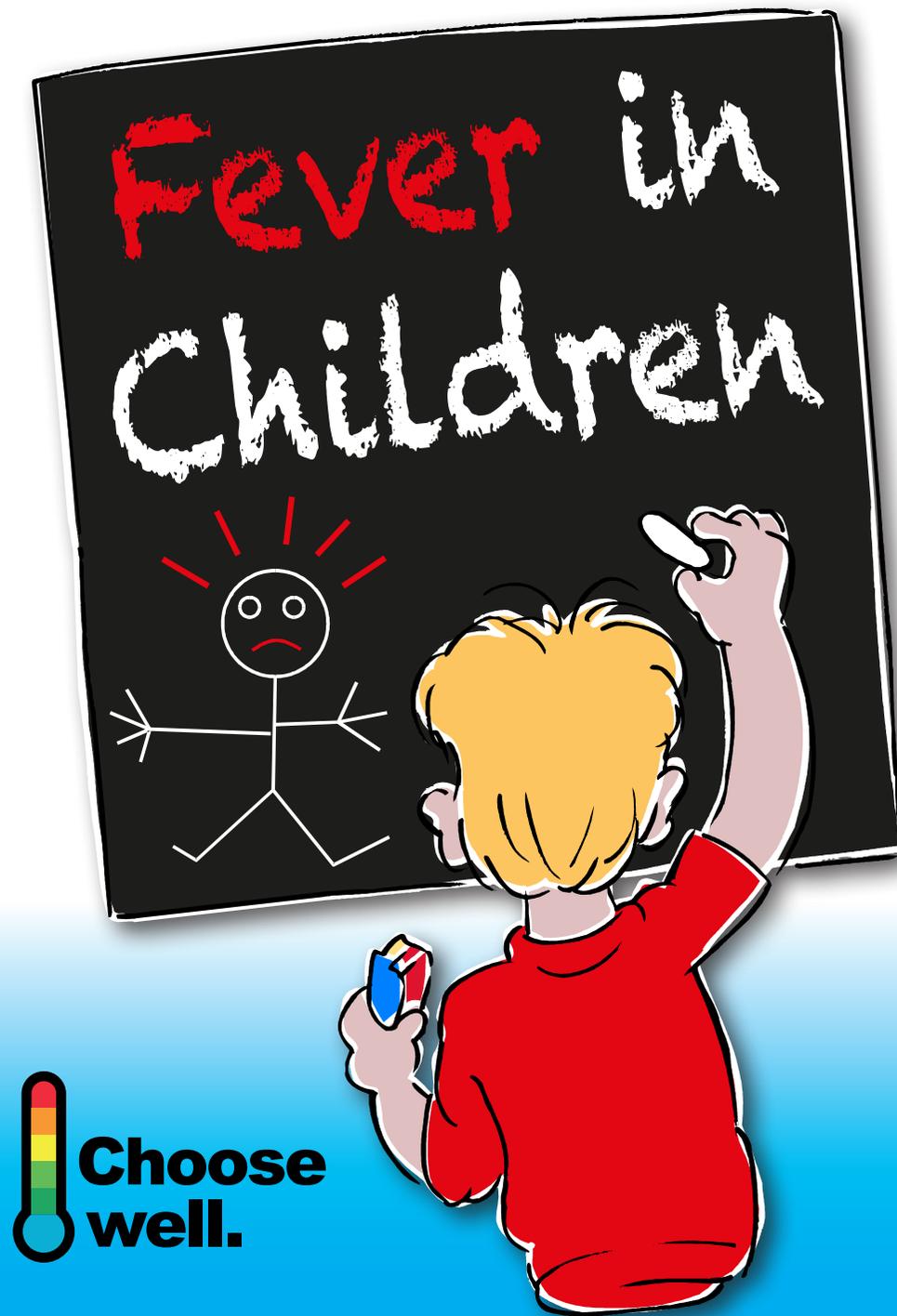
- Your child complains of light hurting their eyes
- Your child becomes drowsy, confused, or has decreased activity
- Your child's health gets worse or you are worried or have concerns about looking after your child at home.
- The fever lasts longer than 5 days

You may have been referred to your Children's Community Nursing Team, you can contact them on:

**0161 331 5251**

Guidance taken from Feverish Illness in Children (NICE 2007)

The information in this leaflet is available on request in larger font, audio cassette, other languages, braille, pc disc and type talk service.  
Please phone **0161 304 5856** for more information.



## What is a fever?

A fever is your child having a higher body temperature than what is normal. As well as having a high temperature, children with a fever often feel generally unwell, so they may be miserable or tired.

They may look flushed, be sweaty and may also have episodes of shivering. Most fevers are caused by infections.

Your child may have been given antibiotics if the doctor felt this was necessary, but many infections in children are caused by viruses, which do not need to be treated with antibiotics.

## Do I need to give any additional medicines to reduce the temperature?

It may not always be necessary to use medicines to treat your child's temperature, but if your child has a fever and is distressed or unwell, you can help to make them feel more comfortable by giving them paracetamol (such as Calpol).

If your child has not improved within 2-3 hours you may want to try giving some ibuprofen syrup (Such as children's Neurofen). Do not give these medicines at the same time and ensure that you always follow the instructions as to how the medicine(s) have been prescribed for your child, or the instructions provided on the medicine bottle(s).

If there is a specific reason why your child cannot have one of these medicines, such as an allergy or an existing medical condition, do not use and contact your GP, NHS direct or pharmacist for further advice.

## How should I dress my child?

Children with fever should not be under or over dressed. If your child is shivering or sweating a lot, this may indicate a fever, so you may want to reduce the amount of clothes they are wearing. Avoid overheating rooms and allow air to circulate by opening the doors inside your home as long as it is safe to do so.

Do not sponge your child with water.  
This does not help to reduce fever.

## When should I check on my child?

You should check on your child regularly during the day and night for rashes and to see if they are getting better



## The tumbler test



Do the 'tumbler test' (see right) - 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 this rash is present seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet, tummy and inside of the eyelids. Even if the rash does **"blanch"** you should still seek advice if you are concerned about your child.

## What else should I look for?

Look for signs of dehydration including:

- Dry mouth/dry tongue/dry lips
- Sunken eyes
- Fewer tears/no tears when crying
- Drier nappies
- Being irritable, tired or weak

Offer your child regular drinks, where a baby is breastfed the most appropriate fluid is breast milk. Seek further advice if you are worried.