

Fever Advice Sheet for Children



Most children with a fever do get better very quickly but some children can get worse. You need to regularly check your child and follow the advice below.

- If your child develops a rash that does not disappear with pressure (see the 'Tumbler test' on reverse)
- If your child becomes unresponsive (unable to wake)
- Finding it difficult to breathe
- If your child becomes blue
- If your child has a fit
- If your baby is less than 3 months old and has a fever of 38°C or above

You need emergency help. Please phone 999 or go straight to the nearest A&E department.

- If your child's health gets worse or you are worried
- Passing less urine than normal
- If your child is not drinking
- If your child has signs of dehydration including dry mouth, sunken eyes, sunken fontanelle (soft spot on top of a baby's head), no tears, drowsiness or generally seems more unwell.
- If your child's fever lasts for more than 5 days
- If your baby is aged 3 to 6 months and has a fever of 39°C or above
- If your child shivers (rigors) like they are cold or wants to wrap up because they feel cold when they have a fever (older children)

Please phone your GP practice or 111 to arrange a same day assessment (Telephone / video review or clinic appointment)

- If you have concerns about looking after your baby/child at home

Please contact 111 or health visitor

Fever Advice Sheet for Children



Fever is very common in children and is usually caused by a minor viral infection. It can normally be treated at home. A high temperature can be quite worrying for parents/carers but most children recover with no problems after a few days.

Looking after your feverish child

- Check your child during the night to see if they are getting better
- If a rash appears do the tumbler test (see guidance below)
- If you are concerned that your child is not improving follow the advice on the front of this sheet
- Recommendation is to use a digital under arm thermometer (must be touching the skin) for children 0-5 year olds, over 5 years of age can be used orally (in the mouth under the tongue)
- Tympanic (ear) thermometers can be used in children over 4 weeks of age but need to be inserted correctly.
- Children with fever should not be under or over dressed
- If your child is hot to the touch remove some of their clothes
- If your child is distressed or very unwell you may use medicines (paracetamol or ibuprofen) to make them feel more comfortable however it is not always necessary
- Please read the instructions on the medicine bottle first
- Don't give both medicines at the same time (paracetamol and ibuprofen)
- Use one medicine and if your child has not improved 2-3 hours later you may want to try giving the other medicine
- Please ask your local community pharmacist for more advice about medicines
- Never give aspirin to a child (under 16 years of age)
- Offer your child (and encourage to drink) regular fluids (where a baby is breastfed the most appropriate fluid is breast milk)
- If your child is due to have immunisations consult your GP practice, practice nurse or Health Visitor for advice as there may be no need to delay their appointment
- If you need to keep your child away from nursery or school while they are unwell and have a fever please notify the nursery or school- your health visitor, community nurse, GP practice will be able to advise you if you are unsure.



The Tumbler Test

- Press the side of a clear glass firmly against the skin.
- Spots / rash may fade at first
- Fever with spots / rash that do not fade under pressure is a medical emergency