

FEVER IN YOUNG CHILDREN (0-5 YR)

Your child has been assessed and does not need admitting to hospital.

Sometimes an exact cause for the fever can't be found. Most children will get better quickly, but they can also change very quickly.

It is really important to keep a close eye on your child – looking out for any signs that they are getting worse and using this advice to help with the fever. If your child has a follow up appointment arranged make sure you take your child to be checked again.

Please see the following information for further guidance.

RED SIGNS

If your child:

- Becomes difficult to rouse or does not stay awake
- Becomes pale and floppy
- Is finding it hard to breathe
- Has a fit
- Develops a rash THAT DOES NOT DISAPPEAR WITH PRESSURE (THE TUMBLER TEST – if you see spots through the glass seek help)



GET URGENT HELP - CALL 999 OR GO DIRECTLY TO A&E

AMBER SIGNS

If your child:

- Is not drinking
- Is passing urine less than usual
- Seems dehydrated (not enough fluid on board) – DROWSY, DRY MOUTH, NO TEARS, SUNKEN EYES, SUNKEN FONTANELLE (soft spot on baby's head)
- Is getting worse or you are worried about your child **OR**
- Your child's fever is not coming down with regular doses of paracetamol or ibuprofen
- If you are distressed or worried you are unable to look after your sick child
- If the fever has lasted for more than 5 days

YOU NEED TO SEE A DOCTOR OR SPEAK TO A NURSE

RING YOUR GP
THE OUT OF HOURS GP - 01925 650999
OR NHS DIRECT - 0845 46 47

IF YOUR CHILD DOES NOT HAVE ANY RED OR AMBER SIGNS

YOU CAN CARE FOR YOUR CHILD AT HOME USING THIS ADVICE

PRACTICAL HELP

- Check on your child during the night to see if they are getting better
- If a rash appears do the tumbler test – the rash should disappear with pressure, if you can see spots through the glass - seek help
- **Do not over/under dress your child** – keep infants heads uncovered and if your child is hot to touch remove some of their clothes
- Offer your child regular drinks – a mouthful of fluid every 10 minutes is a tumbler full over an hour – keep offering “little and often”
- If breastfeeding – keep going
- Look for the signs of dehydration – drowsy, dry mouth, no tears, sunken eyes, sunken fontanelle, **if present seek help**
- Keep your child away from school or nursery while the fever persists and notify the school and nursery of the illness
- **Do not use tepid sponging**

MEDICINES

- If your child is distressed or very unwell you may use medicines (paracetamol or ibuprofen) to help them feel more comfortable, it is not always necessary
- **DO NOT GIVE BOTH AT THE SAME TIME**
- Paracetamol and ibuprofen should not routinely be given alternatively, however if a child does not respond to the first medication, the alternative may be used.
- You may want to write down how much you have given and when to keep track
- **NEVER GIVE ASPIRIN TO CHILDREN**
- Read the instructions for dose and frequency or ask your pharmacist