

Seeking further advice

You should seek further advice if:

- Your child develops a non-blanching rash (a rash that does not disappear when you gently place a glass tumbler over the area).
- Your child has a convulsion
- The fever lasts for more than 48 hours
- Your child's general health gets worse
- You are worried
- You have concerns about looking after your child at home

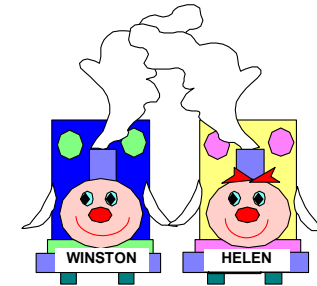
Use of Thermometers

1. It is advisable that the oral (in the mouth) and rectal routes (up the bottom) should not be routinely used to measure the body temperature of children aged 0-5 years.
2. In infants under the age of 4 weeks, body temperature should be measured using an electronic thermometer in the axilla (under the arm).
3. Thermometers can be bought from various places. Before measuring the child's temperature parents should carefully read the instructions on the use of the thermometer.

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PAEDIATRIC DEPARTMENT

0151 430 1627



FEVER IN CHILDREN

Patient information leaflet

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Nature and reason for the Condition

Fever is an increase in your child's body temperature. Fever in children is common although it can cause anxiety for parents and carers. You may seek support from healthcare services but in most cases you can be reassured that your child is best cared for at home.

Almost all children recover quickly from fever and without problems. In a very small proportion of children, the fever may not improve or the child's health may worsen, and this can sometimes be a sign of a serious illness or infection.

If you are concerned about your child's fever, you can seek support from a healthcare professional.

Measuring your child's fever

The height of temperature or the length of time your child has a fever are not useful when working out how ill your child is. This is different for very young babies.

- ♦ Fever in babies under 6 months of age is rare and can be a sign of serious illness or infection.
- ♦ Your child may need further tests at hospital if:
 - your baby is younger than 3 months and has a fever 38° C or above
 - or is between 3 and 6 months of age with a temperature of 39° C or above

Caring for your child at home

There are medicines (known as antipyretics) that are commonly used to reduce fever. Paracetamol and Ibuprofen are antipyretics.

These medicines can help lower your child's temperature and make your child feel more comfortable but they do not treat the cause of fever.

It is okay to give your child Paracetamol and Ibuprofen if they have a fever and they are distressed or unwell. These medicines should not be given at the same time, but if you give your child one medicine and it does not help, you may want to consider using the other. **(If in doubt seek advice from your GP or contact the ward on 0151 430 1627)**

You should always check the instructions on the bottle or packet or ask your healthcare professional if you need more information. Other actions you may take to help your child are as follows:

- Offer your child regular drinks (if breast feeding – breast is best.)
- Look out for signs that your child is dehydrated (dry mouth, no tears, sunken eyes, not as many wet nappies as usual, sunken fontanelle – soft spot on baby's head.)
- Seek advice if worried
- Check on your child regularly
- Keep your child away from nursery or school while they have a fever
- **Do not undress your child**
- **Do not sponge your child with water. This does not help to reduce fever.**