

Fever Advice Sheet

Name of child:

Age:

Date/Time advice given:

Further advice/Follow-up:

Name of professional:

Signature of professional:



Red

- If your child becomes unresponsive
- If your child becomes blue
- If your child is finding it hard to breathe
- If your child has a fit
- If your child develops a rash that does not disappear with pressure (see the tumbler test)

You need urgent help.

Please phone 999 or go straight to the nearest Accident and Emergency Department.



Amber

- If your child's health gets worse or if you are worried
- If your child has signs of dehydration including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on the baby's head), drowsiness and seems generally unwell
- The temperature lasts more than 5 days and your child has not seen a health care professional
- If your child is less than 6 months old

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 – dial 111.



Green

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

If you need advice.

Please contact NHS 111 – dial 111.

Useful information

Children under the weather?

Search 'Catch app' to download a free NHS local health app for parents and carers of children from pregnancy to age 5.



For more information visit www.catchapp.co.uk or @catchapp_uk

catch
Common Approach To Children's Health



Your Pharmacist

Pharmacists can offer advice and medicines for a range of minor illnesses and most have a room where you can discuss issues with pharmacy staff without being overheard and are trained to tell you when your symptoms mean you need to see a doctor.

To find your local pharmacy and open times visit www.sthelenscares.co.uk



Need medical advice or help right now?

CALL
111

Use the NHS 111 service if you urgently need medical help or advice but it's not a life-threatening situation. You can also access 111 online at: www.111.nhs.uk

Trained advisors are available 24 hours a day and can book you an appointment at the Urgent Treatment Centre, order a repeat prescription or put you in touch with a healthcare professional.

Fever Advice Sheet

Fever advice for children and young people in St Helens

What is fever?

- A fever is an increase in body temperature. This in itself is not dangerous. Your child's body temperature is normally between 36°C and 37°C, variations between 0.5 and 1°C are common.
- Fevers in children are common. This leaflet provides advice on when to seek help and on what you can do to help your child feel better. Often the fever lasts for a short duration and many children can be cared for at home if the child continues to drink, remains alert and does not develop any worrying symptoms.
- However, if you are worried or your child is getting worse with warning symptoms as listed in this leaflet, then you should seek the advice of a healthcare professional.

Working out the cause of the fever

- If you are talking to a healthcare professional on the telephone, they will ask you questions about your child's health and symptoms. This will help them to decide if your child is best cared for at home or needs to see a healthcare professional face to face.
- Sometimes your healthcare professional will not find a reason for your child's fever, even after a full examination. If your child is otherwise looking well, then treatment may not be necessary.
- Most children can be safely cared for at home if otherwise well. Your healthcare professional may decide that your child needs a follow-up appointment. They will give you information on how to look for symptoms that may suggest more serious illnesses and how to get further help if they occur.

Looking after your feverish child

- Give your child plenty of drinks e.g. water or squash. If you are breastfeeding then continue as breast milk is best.
- Give babies smaller but more frequent feeds to help keep them hydrated.
- Do not worry about food if your child does not feel like eating but encourage them to drink more fluids.
- Look for signs of dehydration such as a dry mouth, lack of tears, sunken eyes, sunken fontanelle – the soft spot on your baby's head, passing less amounts of urine.
- Children with a fever should not be over or underdressed. If your child is shivering or sweating a lot, change the amount of clothes they are wearing.
- Physical methods of cooling your child such as fanning them, cold bathing and tepid sponging can cause discomfort and are not advised.
- It is not necessary to use medicines to treat your child's fever but if your child is distressed, you can help them feel better by giving them medicines like paracetamol or Ibuprofen. These medicines should not be given together. Always follow the instructions on the bottle to avoid overdosing your child. These medicines can make your child feel more comfortable but they do not treat the cause of the temperature.
- Check on your child regularly, including during the night, especially if your child is under 6 months old as they are at higher risk of serious infection.
- Keep your child away from nursery or school whilst they have a fever.

The tumbler test



If a rash appears, do the tumbler test:

- Press a glass tumbler firmly against the rash.
- If you can see 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 to rule out serious infection.
- The rash is harder to see on dark skin so check paler areas such as the palms of hands and soles of feet.