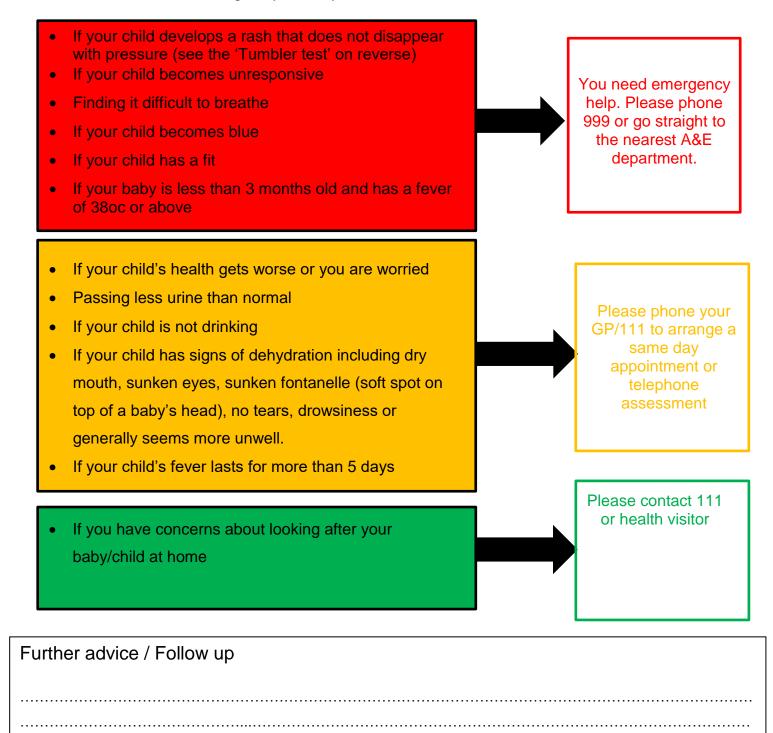


Fever advice sheet for Children 0-5 years

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.



This advice sheet was developed by Luton Children and Adults' Services (part of Cambridgeshire Community Services NHS Trust), in collaboration with Luton & Dunstable Hospital. Luton CCG Commissioners. Luton Borough Council. Luton GPs. and the East of England Ambulance Trust.

Fever advice sheet for Children 0-5 years

Fever is very common in young 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
- 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 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
- Offer your child regular drinks (where a baby is breastfed the most appropriate fluids is breast milk)
- If your child is due to have immunisations consult your GP, 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 will be able to advise you if you are unsure.

