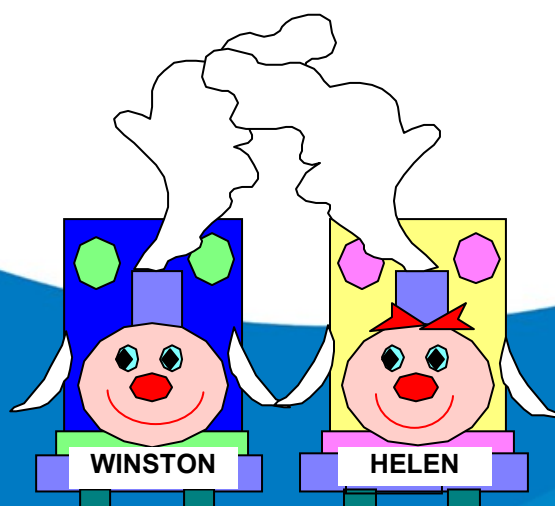


Fever in Children

This leaflet can be made available
in alternative languages / formats on request.

*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.



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 38C or above
- or is between 3 and 6 months of age with a temperature of 39C 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 a baby, feeds may be little and often)
- 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.

Seeking further advice

- 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

- 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.
- In infants under the age of 4 weeks, body temperature should be measured using a digital thermometer in the axilla (under the arm).
- 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.

Using an Axilla Thermometer

- Hold them comfortably on your knee and put the thermometer in their armpit – always use the thermometer in the armpit with children under 5 years.
- Gently, but firmly, hold their arm against their body to keep the thermometer in place for however long it says in the manufacturer's instructions – usually about 15 seconds. Some digital thermometers beep when they're ready.
- The display on the thermometer will then show your child's temperature.

Using an ear Thermometer

- To achieve accurate measurements, make sure a new, clean hygiene cap is in place before each measurement.
- Place the ear probe snugly in ear canal and direct towards opposite temple.
- Keep the thermometer steady in the ear canal
- Take a measurement by pressing the "Measurement" button

If you have any further questions, please contact your child's consultant via their secretary via the hospital switchboard 0151 426 1600.

The secretaries are available Monday to Friday 9.00am to 5.00pm

If you need to contact the department outside of these hours, please phone either:

Ward 3F 0151 430 1616

Ward 4F 0151 430 1791

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Warrington Road,
Prescot, Merseyside, L35 5DR
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