

Fever in children

Patient information leaflet

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If you need this leaflet in a different language or accessible format
please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کنند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Fever and high temperatures

Fever is extremely common in children, it is where there is an increase in your child's temperature. Fever in children is common although it can cause anxiety for parents/carers.

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. This can sometimes be a sign of an illness or infection.

You may seek support from healthcare services but in most cases your child is best cared for at home.



Using an ear thermometer

- To achieve accurate measurements, make sure a clean new hygiene cap is in place before each measurement.
- Place the ear probe snugly in the ear canal and direct towards opposite temple.
- Keep the thermometer steady in the ear canal.
- Take a measurement by pressing the 'measurement' button.
- The display on the thermometer will then show you your child's temperature.

Who to contact if you are concerned:

Ward 3F - 0151 430 1616

NHS111

Your GP

Attend A&E.



Using an Axilla Thermometer

- Hold them comfortably on your knee and put the thermometer in their axilla armpit), always use the thermometer in the axilla for children under 5 years.
- Gently but firmly hold their arm against their body to keep the thermometer in place for however long the manufacturer's instructions state.
- The display on the thermometer will then show you your child's temperature.



Measuring your child's fever

The height of the temperature or the length of time your child has a fever are not useful when working out how ill your child is. However this is very different in babies. Fever in babies under 6 months is very rare and can be a sign of serious illness or infection.

You may need to bring your child to hospital if:

- Your baby is younger than 3 months and has a temperature of 38C or above.
- Between 3-6 months of age with a temperature of 39C or above.

Caring for your child at home

There are medications that you can buy that will help you reduce your child's fever. These are known as antipyretics. These antipyretics are paracetamol (Calpol) and or Ibuprofen.

These medications come with their own drug doses and directions of use. It is okay to give your child paracetamol or ibuprofen if they have a fever and they are distressed or unwell.

These medications should not be given at the same time but if you give your child one and it does not help after an hour you can consider giving the other.

Other actions you may take to help your child

- Offer your child regular drinks (if a baby, feeds/bottles may be little or often).
- Seek advice if you are worried.
- Check on your child regularly.
- Keep your child away from nursery or school if they have a fever.
- Do not undress your child.
- Do not sponge your child with water, this does not reduce the fever.
- Look out for signs that your child is dehydrated:
 - ⇒ Dry mouth.
 - ⇒ No tears when crying.
 - ⇒ Sunken eyes.
 - ⇒ Dry nappies.
 - ⇒ Sunken fontanelle (soft spot on top of head).

When to seek further advice

- If your child's fever lasts longer than 48 hours.
- If the fever is over 39°C.
- If your child's health gets worse - problems with breathing.
- Vomiting or refusing to drink.
- More sleepy than usual.
- If you are concerned about caring for your child at home.
- If your child has a convulsion.
- Your child develops a non-blanching rash (a rash that does not disappear when you gently place a glass over the area).

Use of thermometers

In infants under the age of 4 weeks, body temperature should be measured by using a digital thermometer in the axilla (armpit). It is advisable that the oral (in the mouth) and rectal routes should not be used routinely to measure body temperature of children between 0-5 years.

Thermometers can be bought from various places. Before measuring your child's temperature be careful to read the instructions on how to use the thermometer.

Types of thermometers we recommend using are on the next page. If you use a thermometer to measure your child's temperature, it is really important that you do it accurately.