

# **PATIENT INFORMATION**

## **Fever in Children**



## **WHAT IS FEVER?**

Fever is common in children. It is a controlled resetting of the body's thermostat. It is usually a sign of infection. Fever helps the body to fight the infection and will return to normal when the infection has gone. A fever over 38°C is considered high.

Fever stops the growth of bugs in the body and can increase the body's defence mechanism against viruses.

Viruses are the main reason children develop fever. This does not mean they have a serious illness – anti-biotics do not help.

## **WHAT TO DO AT HOME**

- Dress your child in light clothing and do not overwrap.
- Give your child plenty of fluids, little and often (water, diluted juice or cordial).
- Do not stop breast or bottle feeds.
- If under 6 months, cool boiled water can be used as an addition to milk.
- Tepid sponging is NOT recommended.
- Check your child during the night.
- Keep your child away from nursery or school while their temperature persists, notify them of their illness.

## **CHECKING YOUR CHILD'S TEMPERATURE**

If you want to measure your child's temperature at home, please note the following:-

- Infants under 4 weeks of age – measure with an electronic thermometer under the arm.
- Older children - can be measured as above or in the ear with an infra-red thermometer.
- Thermometers come with instructions. Please read and follow to obtain an accurate reading.
- Plastic tape thermometers are not advised.

## **WHEN TO SEE A HEALTH PROFESSIONAL**

- If your child's fever lasts longer than 5 days.
- Your child develops a rash that does not disappear under pressure.
- Neck stiffness or light hurts their eyes.
- If you feel your child is less well than when you previously sought advice.
- Your child has a fit (febrile convulsion).
- Vomiting and refusing to drink.
- More sleepy than usual.
- Problems with breathing.
- **If your child is under 3 months and develops a fever, see a health professional straight away.**

## **WHO TO CONTACT IF YOU ARE CONCERNED**

NHS111 or your GP or return to A&E.

## **MEDICATION**

- Paracetamol OR Ibuprofen. (Paracetamol is also known as Calpol).
- We do not recommend using Paracetamol or any other medication for the sole aim of bringing your child's temperature down. However, if your child is miserable or

unsettled with a fever, it is advised. Please follow directions written on the bottle.

- When using Paracetamol, continue if your child appears distressed. If this does not help, you can consider Ibuprofen, also known as Nurofen.
- Ibuprofen is not recommended in Chicken Pox.
- Do not give both together – try and choose one and stick to it.

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9am to 5pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

### **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

- If your child's fever lasts longer than 5 days.
- Your child develops a rash that does not disappear under pressure.
- Neck stiffness or light hurts their eyes.
- If you feel your child is less well than when you previously sought advice.
- Your child has a fit (febrile convulsion).
- Vomiting and refusing to drink.
- More sleepy than usual.
- Problems with breathing.
- **If your child is under 3 months and develops a fever, see a health professional straight away.**

### **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

- Your own GP
- Return to A&E

### **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) – 0300 100 1000

Stop Smoking Helpline (West Lancashire) – 0800 328 6297

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)  
**Thank you**

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