

### The glass test

- Press the side of a clear glass against the skin, if the rash fades through the glass it is unlikely to be serious.
- Keep checking throughout the day: if the rash doesn't fade under pressure seek urgent medical advice.
- Check the whole body for the rash, including abdomen, buttocks and soles of feet.



### Post hospital care

- Once you have been seen by one of our doctors or nurses you will be discharged home.
- Remember to give your child regular calpol and ibuprofen, and ensure they are drinking enough fluids at home.
- Antibiotics are used to treat bacterial infections, and colds are viral infections so will not respond to antibiotics.
- Contact your GP for a follow up if required. Please do not come back to A&E unless your child's condition is worsening, or unless they are triggering red on the traffic light overleaf.

### Useful resources/contacts

- Your local pharmacy - [www.nhs.uk](http://www.nhs.uk).
- Your GP surgery: please contact your GP when the surgery is open, and call 111 when the GP is closed.
- NHS 111 provides advice for urgent care needs and is open 24hrs a day. They can arrange urgent GP appointments and calls from landlines and mobiles are free.
- NHS Choices - [www.nhs.uk](http://www.nhs.uk).
- [www.whittington.nhs.uk](http://www.whittington.nhs.uk).

### Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Date published: 08/07/2019

Review date: 08/07/2021

Ref: CYP/PaedED/FiC/02

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## Fevers in Children

### A parent's guide



## Introduction

Children usually get a fever because they have a virus. In this case your child will get better without any specific treatment. All you need to do is make sure that they drink plenty of fluids and keep their temperature down.

## What can I do to reduce my child's temperature?

If your child gets a fever and is very hot, you can bring down their temperature in the following ways:

- Take off most of their clothes, down to their underwear. A child will lose some heat through their skin, so do not wrap them up.
- Give them plenty of fluids to drink. A child with a fever often does not feel hungry but it is important that they drink plenty to prevent dehydration.
- You may use medications such as paracetamol (calpol) or ibuprofen (nurofen/ calprofen). Please check the packet for the correct doses for your child's age.
- At home, we don't recommend giving both paracetamol & ibuprofen together. If your child has not improved after 2-3 hrs you may want to give them the other medicine. Do not exceed the dose on the bottle.
- Your child may need to be off nursery/school until they well. Speak with the school/school nurse for further advice.

## **You need EMERGENCY help in your local Accident & Emergency – call 999**

- Your child becomes unresponsive or very difficult to rouse.
- Your child becomes blue, usually noted around the mouth and lips.
- They are struggling to breathe - breathing very fast or very slowly.
- They have a fit
- They develop a rash that doesn't fade when the skin is stretched (glass test)
- They have not passed urine in over 24 hours.

## **You need to contact a doctor / nurse today. Ring the GP, if they are closed call 111**

- Your child is not improving despite intervention and you are generally worried.
- Your child is not drinking and has signs of dehydration, which include dry mouth, no tear, sunken/darken eyes.
- If your child has significantly reduced urine over a 24 hour period.
- If your child is more sleepy or lethargic than usual and you are concerned.
- If the fever last for more than 5 days, or if the fever is consistent.
- If your baby is under 6 months old

## **Self-Care – use advice on this leaflet, contact 111 or NHS choices for advice**

- Your child reacts well to calpol or ibuprofen, you can administer this regularly for the duration of their illness.
- Your child has breaks from the fever and is happy/playing during these breaks
- Your child is drinking good amounts of fluid and eating small amounts
- Your child is passing good amounts of urine

## When to worry?

- If you are concerned your child's condition is worsening, please follow the traffic light advice.
- If your child is under 8 weeks (or pre immunisations), seek help immediately.
- If your child is under 12 weeks old, contact your GP or call 111 for urgent advice.