

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.
- 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.
- 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

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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Whittington Health NHS Trust

Magdala Avenue

London

N19 5NF

Phone: 020 7272 3070

www.whittington.nhs.uk

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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.