

Caring for your child at home

- Most children with fever can be cared for at home. This leaflet contains advice on how to care for your child and when to seek help by a health professional.
- Paracetamol and ibuprofen are medicines that can help lower your child's temperature and make your child feel more comfortable but they do not treat the cause of the fever. It is okay to give your child paracetamol or 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 work you may wish to consider the other. You should always check the instructions on the bottle or packet, or ask your healthcare professional if you need more information.
- Offer your child regular drinks. If you are breastfeeding then breast milk is best.
- Look for signs of dehydration, such as a dry mouth, no tears, sunken eyes, or a sunken fontanelle (soft spot on a baby's head).
- Encourage your child to drink more fluids if they are dehydrated, and seek further advice if you are worried.
- Do not over- or underdress your child.
- Do not sponge your child with water. This does not help to reduce fever.
- Check on your child regularly through the night.

- Keep your child away from school or nursery while they have a fever and notify them of your child's absence.

Checking for a non-blanching rash

- Watch for the development of a rash. The most worrying is a non-blanching rash (a rash that does not disappear with pressure).
- To identify a non-blanching rash do the tumbler test. Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a non-blanching rash.

If your child has a non-blanching rash you should seek medical advice immediately.



Source: Guidelines in practice

Fever Advice (Children)



**Information for parents,
guardians and carers**

Most children with a fever do get better very quickly but some children can get worse.

You need to check your child regularly during the day and night and follow the advice in this leaflet.

Useful numbers

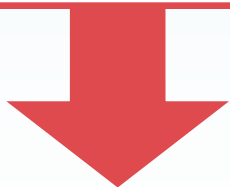
GP / Practice nurse (parent to complete):Tel:

Suffolk GP out of hours -Tel: 111

NHS 111 - Tel: 111

If your child:

- becomes unresponsive
- becomes blue
- is finding it hard to breathe
- has a fit or
- develops a rash which does not disappear with pressure...



You need urgent help.

Call 999 or go straight to your nearest Emergency Department.

If your child:

- gets worse or you are worried
- is not drinking
- is passing less urine than usual
- has signs of dehydration including a dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on a baby's head), drowsiness and generally seems more unwell or
- has a fever which lasts longer than five days...



You need to see a nurse or doctor today.

Please telephone your GP surgery, health visitor or community nurse or call NHS 111 if they are closed.

If you have concerns about looking after your child at home...



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