

# Fever Advice Sheet for Children 0-5 years



Most children with a fever do get better very quickly but some children can get worse. You need to regularly check your child and follow the advice below.



- If your child becomes unresponsive
- If your child becomes blue
- If your child is finding it hard to breathe
- If your child has a fit
- If your child develops a rash that does not disappear with pressure (see the 'Tumbler Test' on reverse)

**You need urgent help please phone 999 or go straight to the nearest Accident and Emergency Dept.**



- If your child's health gets worse or If you are worried
- If your child is not drinking
- If your child is passing less urine than usual
- If your child has signs of dehydration including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on babies head), drowsiness and generally seems more unwell
- If your child's fever lasts longer than 5 days

You need to see a nurse or doctor today.  
Please ring your GP surgery/Health Visitor or Community Nurse or attend the Walk in Centre.



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

Contact 111

Name of Child ..... Age .....

Date/Time advice given ..... Name of Professional (Print) .....

Signature of Professional .....

## Further Advice/Follow Up

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## Looking After Your Feverish Child

- Check your child during the night to see if they are getting better
- If a rash appears do the tumbler test (*see guidance below*)
- If you are concerned that your child is not improving follow the advice on the front of this sheet
- Children with fever should not be under or over dressed
- If your child is hot to touch remove some of their clothes
- If your child is distressed or very unwell you may use medicines (*paracetamol or ibuprofen*) to help them feel more comfortable however it is not always necessary
- Please read the instructions on the medicine bottle first
- Don't give both medicines (*paracetamol and ibuprofen*) at the same time
- Use one and if your child has not improved 2-3 hours later you may want to try giving the other medicine
- Please ask your local community pharmacist for more advice about medicines
- Never give aspirin to a child
- Offer your child regular drinks (*where a baby is breastfed the most appropriate fluid is breast milk*)
- If your child is due to have immunisations please consult your GP, practice nurse or Health Visitor for advice as there may be no need to delay their appointment
- If you need to keep your child away from nursery or school while they are unwell and have a fever please notify the nursery or school – your health visitor, community nurse or GP will be able to advise you if you are unsure



## The Tumbler Test

Do the 'tumbler test' if your child has a rash. 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 this rash is present seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet, tummy and inside the eyelids.

(Photo courtesy of the Meningitis Research Foundation)