

## Children's Services

## Advice for the Care of a Feverish Child

**What is a fever?**

Normal Body temperature is around 37°C.

A normal body temperature can vary and a high temperature will be above 38.0C"

A raised body temperature is often a sign of infection.

A child with a fever may feel and look very unwell.

Your child may feel hot and sweaty and look shivery and flushed.

**How can I help my child?**

**Do** offer and encourage regular fluids.

**Do** lightly dress your child.

If unwell or distressed do give paracetamol (if over 3 months of age) or ibuprofen (if over 6 months of age). **Not both together.**

**Do** follow the dosing instructions given with the drugs.

**Do** check your child during the night.

**Do** keep your child away from school/ nursery while unwell.

**Do** look for a rash.

**Do** look for signs of dehydration which include:

- Going for 10 hours without passing urine or fewer wet nappies.
- Sleepy or floppy child.
- Sunken eyes.
- Changed breathing either faster, slower or deeper.
- Dry mouth, tongue and lips or no tears.
- Soft spot on the top of babies head is sunken more than usual.

**Do** seek further medical advice if:

- Child has a fit.
- Child develops a rash.
- You feel your child is getting worse.
- You are increasingly worried.
- Fever lasts more than 5 days.
- If your child shows signs of dehydration.
- Your child is not managing to take their prescribed medicines.

**Do not** tepid sponge your child.

**Do not** over dress your child.

**Do not** give paracetamol and ibuprofen at the same time. If your child does not respond to one drug, consider giving the other.

**Do not** exceed the recommended dosage.

**Medical advice can be sought from your GP or NHS advice 111**

**If you have any comments about this leaflet or the service you have received you can contact :**

Childrens Ward  
Calderdale Royal Hospital

Telephone: 01422 223277

[www.cht.nhs.uk](http://www.cht.nhs.uk)

**If you would like this information in another format or language contact the above.**

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"