

This guide will help you to select the right service to contact. 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)



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 has signs of dehydration including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on the baby's head), drowsiness and seems generally unwell
- The temperature lasts more than 5 days and your child has not seen a healthcare professional
- If your child is less than 6 months old



You need to see a nurse or doctor today. Please ring your surgery/health visitor/community nurse or contact the out of hours service or Gloucester Health Access Centre

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



**You need advice please contact NHS Direct:
www.nhsdirect.nhs.uk
Telephone: 0845 4647**

To receive this information in other languages please write to:

এ তথ্য বাংলায় পেতে হলে দয়া করে এ ঠিকানায় লিখুন:

如要索取中文訊息，請致信：

गुजरातीમાં આ માહિતી મેળવવા માટે કૃપા કરી અહીં લખો:

Aby otrzymać tę informację w języku polskim, prosimy zwrócić się na piśmie do:

یہ معلومات اردو میں حاصل کرنے کیلئے، براے مہربانی لکھیں:

FREEPOST RRY-Y-KSGT-AGBR,
GUIDE & PALS,
NHS Gloucestershire, Sanger House, 5220
Valiant Court, Gloucester Business Park,
Brockworth, Gloucester GL3 4FE

To receive this information in other formats (e.g. Braille, Audio and Large Print), you can also speak to GUIDE & PALS by calling Freephone 0800 0151 548.

GUIDE & PALS focuses on improving NHS services to patients and provides Gloucestershire's health, social care and disability information service.

Fever advice for children and young people in Gloucestershire

Some useful numbers

Your GP surgery:

Health Visitor:

GP Out of Hours Service: **08454 220220**
(open 6.30pm to 8am on weekdays and all day and night on weekends and bank holidays)

Gloucester Health Access Centre
(open 8am until 8pm, seven days a week including bank holidays) **01452 336290**

NHS Direct: www.nhsdirect.nhs.uk
or **0845 4647**
(24 hours telephone advice service)

For an electronic copy of this leaflet please contact the Children's Commissioning Team on **08454 221817**

What is a fever?

A fever is an increase in body temperature. This in itself is not dangerous. Your child's body temperature is normally between 36°C and 37°C, variations between 0.5 and 1 degree are common.

Fevers in children are not uncommon. This leaflet provides advice on when to seek help and on what you can do to help your child feel better. Often the fever lasts for a short duration and many children can be cared for at home if the child continues to drink, remains alert and does not develop any worrying symptoms.

However, if you are worried or your child is getting worse with warning symptoms as listed in this leaflet, then you should seek the advice of a healthcare professional.

Working out the cause of the fever

If you are talking to a healthcare professional on the telephone, they will ask you questions about your child's health and symptoms. This will help them to decide if your child is best cared for at home or needs to see a healthcare professional face to face.

Sometimes your healthcare professional will not find a reason for your child's fever, even after a full examination. If your child is otherwise looking well, then treatment may not be necessary.

Most children can be safely cared for at

home if otherwise well. Your healthcare professional may decide that your child needs a follow-up appointment. They will give you information on how to look for symptoms that may suggest more serious illnesses and how to get further help if they occur.

Looking after your feverish child

- Give your child plenty of drinks, e.g. water or squash. If you are breastfeeding then continue as breast milk is best. Give babies smaller but more frequent feeds to help keep them hydrated.
- Do not worry about food if your child does not feel like eating but encourage them to drink more fluids.
- Look for signs of dehydration such as a dry mouth, lack of tears, sunken eyes, sunken fontanelle – the soft spot on your baby's head, passing less amounts of urine.
- Children with a fever should not be over or under dressed. If your child is shivering or sweating a lot, change the amount of clothes they are wearing.
- Physical methods of cooling your child such as fanning them, cold bathing and tepid sponging can cause discomfort and are not advised.
- It is not necessary to use medicines to treat your child's fever but if your child is distressed, you can help them feel better by giving them medicines like paracetamol or Ibuprofen. These medicines should not be given together. Always follow the instructions on the bottle to avoid

overdosing your child. These medicines can make your child feel more comfortable but they do not treat the cause of the temperature.

- Check on your child regularly, including during the night, especially if your child is under 6 months old as they are at higher risk of serious infection.
- Keep your child away from nursery or school whilst they have a fever.

The tumbler test

- If a rash appears, do the tumbler test. Press a glass tumbler firmly against the rash. If you can see 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 to rule out serious infection. The rash is harder to see on dark skin so check paler areas such as the palms of hands and soles of feet.

