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Find your local pharmacy at www.nhs.uk

Health Visitor:

Your GP Surgery:

NHS 111 provides advice for urgent care needs.

Please contact your GP when the surgery is open or call **NHS 111** when the GP surgery is closed.

NHS 111 is available 24 hours a day, 365 days a year. Calls from landlines and mobile phones are free.

For online advice and information
NHS Choices: www.nhs.uk

Fever Advice Sheet

Advice for parents and carers of children aged five years old and under



The Glass Test

Do the 'glass 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 as you press the glass onto the skin then this is called a 'non-blanching rash'. If you see this type of rash, 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 and tummy.



If you are worried about your child, trust your instincts.

Contact your GP or dial NHS 111

Based on Feverish illness in children Assessment and initial management in younger than 5 years 2013 NICE clinical guideline 160

This guidance is written in the following context

This document was arrived at after careful consideration of the evidence available including but not exclusively NICE, SIGN, EBM data and NHS evidence, as applicable. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with the patient and / or carer.

This was approved by Oxfordshire CCG 26th July 2017 and is to be reviewed 26th July 2018

Most fevers (high temperatures) in children are not serious and are due to the common infections of childhood such as coughs, colds and other viral infections. However, sometimes a fever is a symptom of a serious infection.

This leaflet gives some advice on how to look after a child with fever. The "traffic light" diagram (overleaf) gives some pointers on when and where to seek advice in your local area.

You will also find guidance on how to look after your feverish child.

If your baby is under six months old seek medical advice without delay

Looking after your feverish child over six months old

A fever is a temperature of 38°C (100.4°F) or above

- If your child's face feels hot to the touch and they look red or flushed check their temperature with a thermometer. Safe, cheap digital thermometers are available from your pharmacist.
- If a rash appears do the 'Glass Test' (see box overleaf)
- If you are concerned your child's condition is worsening, follow the traffic light advice (see right).

Practical Advice:

There are several things you can do to help bring your child's temperature down and make them more comfortable:

- Keep the room cool, 18°C (64.4°F) is about right and make sure fresh air is circulating
- Children with fever should not be under or over dressed. If your child is shivering or sweating a lot, change the amount of clothes they are wearing.
- Make sure your child has plenty of cool water to drink to prevent dehydration even if they are not thirsty

Medicine for children over 6 months old:

- If your child is distressed and uncomfortable, try first giving them paracetamol or ibuprofen. You shouldn't give them both at the same time, but if one does not work after two to three hours, you may want to try the other.
- If your child has asthma, ibuprofen is not advised without talking to your doctor
- Always check the instructions on the bottle or packet to find out the correct dose and frequency for your child's age, if you are unsure speak to your local pharmacy.
- Never give aspirin to a child

What do I do if my child has a fever? (traffic light advice)



RED

If your child has any of these below:

- becomes unresponsive
- or becomes blue
- or is finding it hard to breathe
- or has a fit
- or develops a rash that does not disappear with pressure (see the 'glass test' overleaf)



YOU NEED EMERGENCY HELP CALL 999

You need to be seen at the A&E department Nearest Hospitals (open 24 hours, seven days a week):

- John Radcliffe, Oxford
- Horton, Banbury
- Royal Berkshire, Reading
- Great Western, Swindon
- Stoke Mandeville, Aylesbury

Bring your child's Red Book with you.



AMBER

If your child's health gets worse or if you are worried or if they have any of the following:

- 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
- If your baby is under six months



SEEK MEDICAL ADVICE TODAY

Ring your GP surgery - Mon-Fri, 8am to 6.30pm

Your GP may want to speak to you on the phone first to give you medical advice. They will arrange to see your child if it is appropriate

All other times and bank holidays call NHS 111

Bring your child's Red Book with you.



GREEN

If none of the features in the red or amber boxes above are present.



SELF CARE

Using the advice on this leaflet you can care for your child at home. The main advice is to keep your child hydrated and their temperature down.

If you feel you need advice please contact your Health Visitor, GP surgery or your local pharmacy (follow the links at www.nhs.uk) You can also call NHS 111