

Fever

What is fever?

The normal body temperature is around 37 degrees Celsius. A body temperature raised to more than 38 degrees Celsius is often a sign of infection.

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

What can I do to help my child?

- Make sure your child is getting enough to drink
- Do not over or under dress your child
- Check your child during the night
- Give your child paracetamol or ibuprofen, making sure you follow the dosage instructions. Paracetamol is only suitable for children over three months old and ibuprofen is only suitable for children over six months old.
- Paracetamol can be given every four hours. You can give four doses of paracetamol in a 24 hour period.
- Ibuprofen can be given every six hours. You can give three doses of ibuprofen in a 24 hour period.
- Do not give other medicines, especially if the ingredients cannot be easily identified
- Keep your child away from school or nursery while they are unwell

Seek further medical advice if...

- Your child has a fit
- Your child develops a rash which does not disappear under the pressure of a glass
- You feel your child is getting worse
- You are more worried than you were when last reviewed
- The fever lasts more than five days
- If you are distressed or concerned that you cannot look after your child.
- If your child is under three months and has a fever at any time
- If your child shows signs of dehydration. This includes:
 - A sleepy or floppy child
 - Sunken eyes or shadows under the eyes
 - Changed breathing, either faster or slower and deeper
 - Dry mouth, tongue and lips

- No tears
- When the skin is pinched gently, it stays up for a second or two
- Going ten hours without passing urine or fewer wet nappies
- If the soft spot at the top of your baby's head is more sunken than usual.

Medical advice can be sought from your GP, NHS 111 phone line or contact the hospital team who originally saw your child.

If your child is very unwell and you think it is an emergency then you can get help by calling 999. Most of the time this is not necessary and your GP or the 111 phone line can help you.