

THINK! SELF-CARE (CHILDREN)

FEVER

HOW LONG WILL IT LAST? 5 days

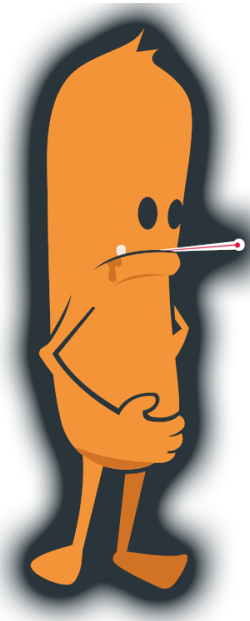
HOW SERIOUS IS IT? Minor

CAN I STILL GO TO SCHOOL? Yes

WHAT IS IT?

Fever is a raised body temperature, which usually suggests an underlying infection. Mild feverish illness is common in childhood – a natural, healthy and harmless response to help the body fight infection.

Common causes of fever include the common cold, ear infections, stomach bugs, throat and travel-related infections. Severe infections, such as pneumonia or meningitis, are in rare cases the main cause of a fever.



HOW DO I TREAT IT?

- Avoid over or under dressing your feverish child.
- Make sure your room temperature isn't too high.
- Offer your child regular fluids.
- If you're a breastfeeding mother, offer your child as many feeds as she/he will take.
- Check your child when sleeping and at night for signs of serious illness

MEDICINES:

You can give either paracetamol or ibuprofen but not routinely – just to reduce body temperature – and never at the same time (unless advised to do so by a medical professional)!

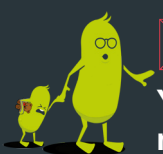
WHEN DO I NEED MEDICAL ATTENTION?

Speak to your child's GP if your child's health gets worse or if you have concerns about looking after your child at home. Also seek medical advice straight away if you notice any of the following:

- High fever - Usually defined as a body temperature over 38°C in children age 0-3 months or over 39°C in children age 3-6 months.
- Your child vomits repeatedly, or brings up dark-green vomit.
- Your child doesn't respond normally, wakes only with difficulty, is less active, doesn't smile, appears ill or cries in an unusual way.
- Your child breathes much faster than usual.
- Your child's nostrils flare, and the skin between the ribs or the area just below the rib cage move abnormally during breaths.
- You notice abnormal grunting.
- Your child doesn't eat or drink much and doesn't pass as much urine.
- Your child's mouth and eyes appear dry.
- In babies, the soft spot at the top of the head appears sunken or bulges.
- Your child's fever has persisted for five or more days.
- You notice any other unusual symptoms and signs that you can't explain.
- Your child can't walk for some reason and has developed a swelling or new lump in a limb or joint.

The following should be treated as an emergency!

- **Your child has a stiff neck, cold limbs or has had a fit.**
- **Your child looks pale, mottled or blue.**
- **You notice a new rash that doesn't fade on pressure (press a tumbler against the rash to see if it disappears).**



DON'T FORGET!

Your GP practice will offer same day appointments for children if you call in the morning.