

## **Childhood Fever – Parent Advice Sheet**

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Fever can be caused by lots of illnesses. Most children with fever have a viral “cold” and the use of antibiotics does not help and may cause rashes and diarrhoea.

### **Is a fever dangerous?**

Fever is not harmful to your child. However, lowering the temperature will make your child feel better and be less irritable.

### **What can I do?**

¶ Give your child lots to drink. It’s better to give lots of small drinks frequently - perhaps little sips every few minutes.

⊥ Avoid wrapping your child up when they are feverish. They will feel more comfortable if lightly dressed.

⊥ Avoid sponging the skin with water. It does not help to reduce temperature and can make a child uncomfortable

### **What about fever medicines?**

#### **Paracetamol**

This medicine can be given 4 times in 24 hours. It should **not** be given to infants under 3 months of age (unless advised by a doctor). Do not give more than the recommended dose.

#### **Ibuprofen**

This is an alternative to paracetamol preparations. It should not be given to infants under 6 months of age unless advised by a doctor. It can be used 3 times in 24 hours. It can be given along with paracetamol safely.

### **When should you seek medical advice?**

Call your GP, NHS24 or attend the Emergency Department if:

- Your child appears unusually ill
- The fever is high (39.5°C or 103°F or higher)
- Your child develops red or purple spots that don’t fade when pressed (“tumbler test”)
- The fever persists after fever medicines
- Your child is less than 6 months old.