

Patient information

Fever control - children

Having a temperature is the body's natural way of trying to fight off infection. Fever means a child with a temperature above 38 degrees C. The main goal of treating the child with a fever is to improve their comfort, not to reduce the child's body temperature. Research shows that giving Paracetamol and ibuprofen does not prevent a febrile convulsion as the convulsion mostly takes place at the start of the fever.

Recognising a fever in your child

- They could have a flushed hot face
- Hot skin to touch
- Be drowsy, quiet, miserable, irritable or crying
- Have a temperature of 38 degrees or above

What should you do?

- Ensure your child is not overdressed or under-wrapped
- Offer them plenty of fluids (if breastfeeding, continue this)
- Ensure they don't have goose-bumps
- Give paracetamol first, only if the child is distressed (it is important to read the instructions for dosage on the bottle)
- Give ibuprofen after the paracetamol if the child is still distressed after 30 minutes – 1 hour (again read the instructions for dosage on the bottle)

- Monitor for signs of dehydration (dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on baby's head) and drowsiness)
- Try to keep your child at home and avoid contact with other people until they do not have a high temperature

What should you not do?

- Tepid sponge them
- Blow cold air to cause them to shiver
- Keep them covered with too many blankets or clothes
- Give paracetamol and ibuprofen at the same time
- Give paracetamol or ibuprofen if the child is not miserable, irritable or crying

When should you be worried?

Call 999 or go to your nearest Emergency Department (A & E) if your child:

- Becomes unresponsive, drowsy and/or agitated/confused
- Has blue, pale or blotchy skin, lips or tongue
- Has a stiff neck and/or is bothered by light
- Is finding it hard to breathe
- Has a fit
- Develops a rash that does not disappear with pressure (when you press a glass tumbler on it)

Contact your GP/out of hours GP, or use open access to Rainbow Ward if still valid if:

- Your child's health has gotten worse than when they were last seen by a health professional or if you are worried

- Your child is not drinking
- Your child is passing less urine than usual
- 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
- Your child's fever lasts longer than 5 days
- Your child is under 3 months old and has a temperature of 38C or higher, or you think they have a high temperature

Call NHS 111, your GP or Rainbow Ward if you still have valid open access if:

- If you have any concerns or worries about looking after your baby/child at home

Further advice

If you are worried or need advice you can call the following departments who can best advise you on what to do:

- Rainbow Ward 01284 713315 (24hrs a day)
- Your own GP / GP out of hours
- NHS 111

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (formerly DisabledGo)

<https://www.accessable.co.uk>



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