



Child Fever

Advice sheet for carers of Children who are suffering with a fever

GP's Name

Surgery Name

Surgery Phone N°

W Yorkshire Urgent Care Services: **0345 605 9999**



The Tumbler 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 this is called a Non-blanching rash. If this rash is present seek medical advice immediately. Please note this rash is harder to see on dark skin so check paler areas, such as the palms of the hands, tummy and the soles of the feet.

About Fever in Children

On average a child will have eight mild infections before they are 18 months old. It is very common for young children to develop a fever when they have an infection. This is **your child's normal way** to help fight infection. Most children with a fever can be safely looked after at home.



Your child's health gets worse

You are worried

You have concerns about looking after your child at home

The fever lasts longer than five days

Contact your GP as soon as possible

alternatively phone the West Yorkshire Urgent Care Services 0345 605 9999



Your child has a fit phone 999

Your child develops a rash that does not disappear with pressure view the tumbler test illustration to the left, phone 999 or take them to A&E as soon as possible.

All children's A&E services in Leeds are now at Leeds General Infirmary

There is no A&E for children under 16 years of age at St James's Hospital

Preventing Dehydration

Offer your child regular drinks if the baby / child is breastfed the most appropriate fluid is breastmilk.

Be on the lookout for signs of dehydration:

- Sunken fontanelle
- Dry mouth
- Irritable or drowsiness
- Sunken eyes
- No tears
- Fewer wet nappies

If you find signs of dehydration encourage your child to drink more fluids and seek further advice if you are worried.

Medicines to reduce fever

It's not necessary to use medicines to treat your child's temperature. But if your child has a fever and is distressed or very unwell, you can help to make them feel more comfortable by giving them either paracetamol or ibuprofen (always read instructions with the bottle first) Do not give these medicines at the same time.

If your child has not improved 2-3 hours later, you may try giving the other medicine.

Please ask at your local community pharmacist if you have any queries or for more advice regarding medicine.

Checking on your Children

Check your child during the night for rashes and to see if they are getting better. If a rash appears, do the tumbler test shown to the left. If you are concerned that your child is not improving phone the number at the top of this sheet to seek further advice.

Keep your child away from nursery or school while they have a fever and notify the school or nursery of the illness.