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

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

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.

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
- Sunken eyes
- No tears
- Irritable or drowsiness
- 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.