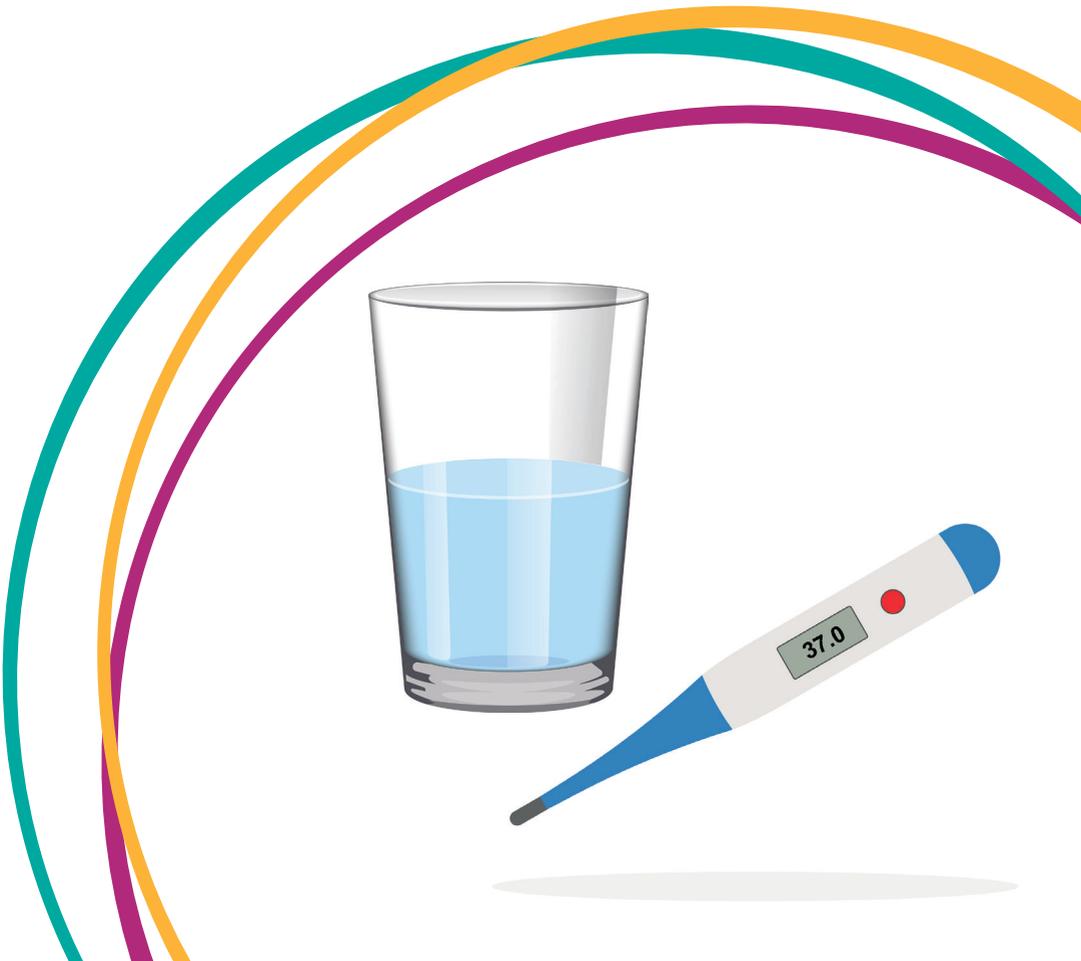
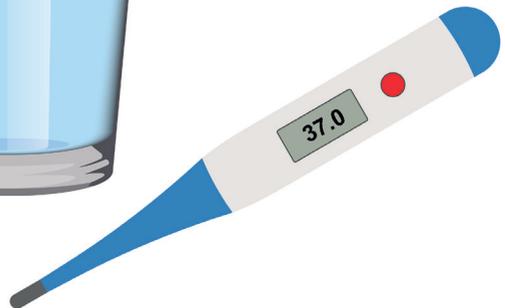
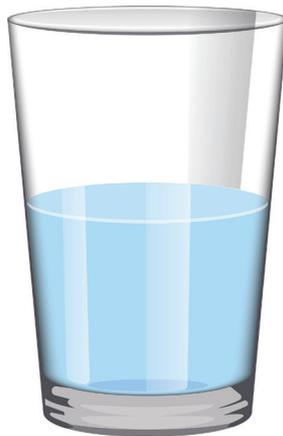


Advice on fever management and fluids in children

Information for parents and carers



What is a fever?

A fever is a raised body temperature of over 38°C. This happens in response to an infection; this could be caused by a virus or bacteria. A mild fever is often a normal response to an infection in children.

A fever is not dangerous and will not cause your child harm. If your child is happy and coping with the temperature, you do not need to treat this.

Should I be worried if my child has a fever?

A fever is very common, especially in young children, and often settles within 4-5 days. Most children have at least one episode of fever per year.

This can be caused by the common cold, ear infections, stomach bugs, throat infections and urine infections. Most episodes of fever settle by itself and will not need antibiotics. If the fever lasts longer than 5 days, your child should see a doctor.

How to check my child's temperature?

You can do this using a thermometer, but this is not always necessary. Your child may feel warm to touch. In young children, use an under the arm digital thermometer. For toddlers and older children, you can use an in-ear thermometer.

You should check your child more regularly when they are ill; this includes during the night to check they haven't become more unwell.

What if my child won't eat or vomits after eating?

Fluid is the most important thing for your child. During the short period of the illness, it is okay for your child to eat less. If they are vomiting after food, concentrate on giving them fluids. Plain foods (such as dry biscuits or toast) in small quantities are preferred when a child is vomiting.

How much should my child be drinking?

Fluid intake in children is really important when they are unwell with a fever. Please keep an eye on how much fluid your child takes during a 24-hour period. Ideally, children should have small amounts of fluid but more often to reduce the risk of vomiting.

In babies who are only fed milk, they should still be drinking more than half of their normal amount of feeds. If it is less, your child should be seen by a doctor. In children who have milk and food, the minimum amount of fluid they should be taking in a day are shown below:

Age	Minimum fluid volume in 24 hours
Less than 3 months	Half of their normal feed amount
3 to 6 months	Half of their normal feed amount
6 to 12 months	500mls
1 to 3 years	750mls
4 to 8 years	900mls
9 years and over	1000mls

You should also monitor your child's urine output (how much they wee) – this should be at least 1-2 times per day.

What can I give my child to drink when they are unwell?

- Use water or diluted juice (containing sugar), little and often.
- You can use Dioralyte (or rehydration) sachets – prepare these as recommended on the packet.
- Ice lollies are a good way to get fluid into a child who has a fever and does not want to drink.
- Avoid lots of milk containing products in toddlers and older children if they are vomiting.

Information from recent admission

Patient's name:

Patient's DOB:

Patient's hospital number:

Diagnosis:

Discharged home on:

Open access given: Yes / No If yes, how long: 24 / 48 hours

Medication given during the last 24 hours of admission:

Medication	Date given	Time given

Additional advice given on discharge:

What medicines can I give my child with a fever?

All children above the age of 3 months old can be given the following medicines to help treat a raised temperature. Please follow the instructions on the bottle.

- **Paracetamol (Calpol)** – Paracetamol can be given every 4-6 hours, but your child can only have a **maximum of 4 doses** in a 24-hour period.
- **Ibuprofen (Nurofen)** – Ibuprofen can be given every 6-8 hours, but your child can only have a **maximum of 3 doses** in a 24-hour period. Ibuprofen should **only** be given to children who are eating and not vomiting. Ibuprofen should **NOT** be given to children with chicken pox. In children with confirmed asthma, ibuprofen should be avoided if they have not had it before.

Please be aware that other medications have paracetamol and ibuprofen included, so please check this before giving them to your child. If your child is on antibiotics, they can continue to take paracetamol and ibuprofen as required.

Babies under the age of 3 months old should **NOT** be given these medicines without consulting a medical practitioner; *except for the first 24 hours after their immunisations*. If the temperature continues for more than 24 hours after their injections, they should be seen by a doctor/nurse.

What if my child vomits after their medicines?

If your child vomits during the dose of paracetamol, you can wait a few minutes until the vomiting has settled and repeat the dose.

You must only do this **ONCE**. If your child vomits a further time, please do not repeat any further doses and wait until the next dose is due.

Useful Websites

www.nhs.uk/conditions/fever-in-children

If you have any further concerns or need more advice after taking your child home, please contact the Children's Ward on: **01244 365076**.

What should I do if my child has a fever?

If your child:

- becomes unresponsive
- is finding it difficult to breathe
- has a fit
- becomes blue
- develops a rash that does not disappear with pressure.



Your child needs urgent medical attention – call 999 or go to your nearest hospital (A&E).

If your child:

- appears to be looking more unwell and you are concerned
- is not drinking as much as they should be
- is passing urine less often and/or has dark coloured urine
- is showing signs of dehydration (dry mouth, no tears, sunken soft spot on baby's head, drowsiness)
- has had a fever for over five days
- has a fever of 38°C or over AND is less than 6 months old.



You need to contact a doctor or nurse today

If you have valid open access to the Children's Ward, please call.

If not, then contact your GP surgery or call NHS 111 for advice.

If your child:

- has features of a cold (runny nose and sneezing), but appears well otherwise
- is drinking and passing urine well
- is not drowsy
- if fever settles within 5 days.



Self-Care

Continue providing care at home. If you are concerned, then contact doctor or nurse as above.

Do you require a special edition of this leaflet?

This leaflet is available in large print, Braille, electronically and in other languages on request. Please contact the Patient Experience Team on telephone 01244 366066 or email coch.patientexperience@nhs.net

إذا ترغب في الحصول على الوثيقة باللغة العربية ، فضلاً اتصل بمركز معلومات المرضى أو تحدث مع أحد الموظفين

若是你想索取這份傳單的中文譯本，請聯絡「病人預約中心」或向其中一名職員查詢。

Si vous voulez cette brochure en français, contactez le bureau des rendez-vous ou demandez à un membre du personnel.

यदि आप यह पत्रचा हिन्दी में लेना चाहते हैं तो कृपया पेशेन्ट अॅपाइन्टमेन्ट सेन्टर से संपर्क करें या किसी स्टाफ से पूछें।

Haddii aad jeclaan laheyd buug-yarahan oo af-Soomaali ku qoran la soo xiriir xarruunta bukaan ballaminta ama wax weydii xubin shaqaalaha ka tirsan.

Si desea recibir este folleto en español, sírvase contactar al Centro de Citas para Pacientes o solicitarlo al personal.

اگر آپ کو یہ کتابچہ اردو میں درکار ہے تو پشٹ اپوائنٹمنٹ سینٹر یا عملے کے کسی رکن سے رابطہ قائم کریں۔

Mae'r daflen hon ar gael (ar gais), mewn print bras, ar dâp sain neu ar ddisg, ac efallai mewn ieithoedd eraill ar gais. Cysylltwch â chanolfan apwyntiadau cleifion i ofyn am gopi.

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