

Fever Advice Sheet

Advice for parents and carers of children younger than 5 years

Name of child _____ Age _____ Date/time advice given _____

Further advice/follow up _____

Name of professional _____ Signature of professional _____

How is your child? (traffic light advice)

 Red	<p>If your child has any one of these symptoms:</p> <ul style="list-style-type: none">● becomes difficult to rouse● becomes pale and floppy● is finding it hard to breathe● has a fit● develops a rash that does not disappear with pressure (see the 'Glass Test' overleaf)● is under 3 months and has a fever	<p>You need urgent help Please phone 999 or go to the nearest Hospital Emergency Department</p>
 Amber	<p>If your child has any one of the symptoms:</p> <ul style="list-style-type: none">● gets worse or if you are worried● seems dehydrated (dry mouth, sunken eyes, no tears, sunken fontanelle/soft spot on baby's head, drowsy, or passing less urine than normal)● fails to respond to Paracetamol or Ibuprofen● is 3–6 months and has a fever	<p>You need to contact a doctor or nurse today Please ring your GP surgery or call NHS 111 – dial 111</p>
 Green	<p>If none of the features in the red or amber boxes above are present.</p>	<p>Self care Using the advice overleaf you can provide the care your child needs at home</p>

Some useful phone numbers (you may want to add some numbers on here too)

	<p>GP surgery (note the number here): Health visiting team:</p>	<p>NHS111 is a service available 24 hours a day, 365 days a year to make it easier for you to access NHS healthcare services in England. Dial 111 when you need medical help fast but it is not a 999 emergency.</p>
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For online advice: **NHS Choices** www.nhs.uk (available 24 hours, 7 days a week)

Family Information Service: telephone 0300 200 1004

www.surreycc.gov.uk/people-and-community/family-information-service

If you need language support or translation please inform the member of staff to whom you are speaking.

This guidance is written in the following context: this document is based on NICE Guidance which was arrived at after careful consideration of the evidence available. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not however override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with them.

Fever Advice Sheet

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Most children with a fever do get better very quickly but some children can get worse. You need to regularly check your child during the day and also through the night and follow the advice given below.

Practical things you can do to help your child

- Check your child during the night to see if they are getting better (follow traffic light advice overleaf)
- If a rash appears do 'the glass test' (see guidance below)
- If you are concerned that your child is not improving follow the advice on the front of this sheet
- Children with fever should not be under or over dressed
- Offer your child regular drinks (where a baby is breastfed the most appropriate fluid is breast milk)
- If your child is due to have immunisations please consult your GP, Practice Nurse or Health Visitor for advice as there may be no need to delay their appointment
- If you need to keep your child away from nursery or school while they are unwell and have a fever please notify the nursery or school – your Health Visitor, Practice Nurse or GP will be able to advise you if you are unsure

Using medicines to help

- If your child is distressed or very unwell you may use medicines (Paracetamol or Ibuprofen) to help them feel more comfortable however it is not always necessary
- Don't give both medicines (Paracetamol and Ibuprofen) at the same time
- Use one and if your child has not improved 2–3 hours later you may want to try giving the other medicine
- Please read the instructions on the medicine bottle first for dose and frequency
- Or you could ask your local community pharmacist for more advice about medicines
- Aspirin should not be given to children for treatment of pain or a fever

The Glass Test

Do the 'glass 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 as you press the glass onto the skin then this is called a 'non-blanching rash'. If you see this type of rash, seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet and tummy.

(Photo courtesy of Meningitis Now 2014)



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Based on Feverish illness in children Assessment and initial management in children younger than 5 years 2007 NICE clinical guideline 47 and with consideration to 2013 NICE clinical guideline 160 (May 2013)