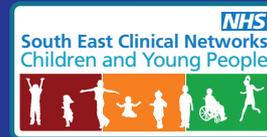


Fever Advice Sheet

Advice for parents and carers of children younger than 5 years

December 2016
Kent, Surrey & Sussex
Version



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

If your child:

- becomes difficult to rouse
- becomes pale and floppy
- is finding it hard to breathe
- has a fit, or is fretful or when touched is irritable
- develops a rash that does not disappear with pressure (see the 'Glass Test' overleaf)
- is under 3 months and has an unexplained fever
- has cold feet and hands with mottled appearance
- no wet nappies or wees for > 18 hours

You need urgent help
please phone 999
or go to the nearest
Hospital Emergency
(A&E) Department



Amber

If your child's:

- health 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 fewer wet nappies or wees than normal)
- condition fails to respond to Paracetamol or Ibuprofen
- is 3-6 months old and has a fever

You need to contact a doctor or nurse today
Please ring your
GP surgery or call
NHS 111 - dial 111



Green

- If none of the above features are present, most children with fever can be safely managed at home

Self Care
Using the advice overleaf
you can provide the care
your child needs at home

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



GP Surgery
(make a note of number here)

.....

NHS 111
dial 111

(available 24 hrs -
7 days a week)

**School Nurse /
Health Visiting Team**
(make a note of number here)

.....

For online advice: NHS Choices www.nhs.uk (available 24 hrs - 7 days a week)

Family Information Service: All areas have an online service providing useful information for Families set up by local councils

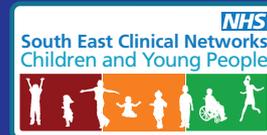
If you need language support or translation please inform the member of staff to whom you are speaking.

To feedback or for further information including how to obtain more copies of this document (Please Quote Ref: F1) we have one mailbox for these queries on behalf of the South East Clinical Networks area (Kent, Surrey and Sussex). Please email: CWSCCG_cypSECPATHWAYS@NHS.NET

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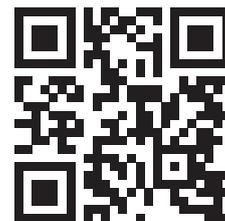
Most children with a fever do get better very quickly but some children can get worse. You need to regularly check your child during the day and also through the night and follow the advice given below.

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 the Meningitis Research Foundation 2013)



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)

First Draft Version: May 2011 Subsequent Versions have been published in Nov 2013, Jan 2015 and May 2015.
Date of this Refreshed Version: Dec 2016 Review Date: Dec 2018.