

Name of child _____

Age _____ Date/Time advice given _____

Name of professional (print) _____

Signature of professional _____

Further advice/Follow Up

Some useful telephone numbers

GP/Practice Nurse

(Parent to complete)

Health Visitor

(Parent to complete)

If out of hours please call 111

Looking After Your Feverish Child

- Check your child during the night to see if they are getting better
- If a rash appears do the tumbler 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 cover or over dressed
- If your child is hot to touch remove some of their clothes
- 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
- Please read the instructions on the medicine bottle first
- 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 ask your local pharmacist for more advice about medicines
- Never give aspirin to a child
- 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, community nurse or GP will be able to advise you if you are unsure

Below are some other conditions that could affect your child's ability to cope:

If they have or were:

- A premature baby
- Are less than 6 weeks old
- A lung problem
- A heart problem
- A problem with their immune system
- Or any other pre-existing medical conditions that may affect your child's ability to cope with this illness

Please contact your Practice Nurse or Doctor



The Tumbler Test

Do 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. The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet, tummy and inside the eyelids.

(Photo courtesy of the Meningitis Research Foundation)