**What is a fever:**

A fever is the body’s natural reaction to an illness. Fevers in a young child are common and the sign to look for is a temperature of 38 degrees centigrade and above; Most temperatures will reduce after a few days and the child is best cared for at home or in their usual surroundings.

**Visual signs of a fever.**

As well as a high temperature you might notice some or all the following:

* Mottled Rash
* Flushed cheeks.
* Hot to torso (tummy and back) but cool peripherally (hands and feet)
* Irritable and grumpy
* Sleepy/ lethargic

**Causes of fever:**

You may not be able to identify a cause for the fever initially but as the illness develops it may be easier to identify the cause i.e., Cold symptoms/ Chicken Pox

**How to measure a temperature:**

* *There are several different thermometers, many are digital.*
* Tympanic Thermometer- this is digital machine placed with the ear entrance.
* Axilla Thermometer- placed in the arm pit for a short period of time.
* Oral Thermometer- placed under the tongue for a short period of time.
* Forehead Strips- hold in place for approx. 15seconds.

If you do not have to have access to a digital thermometer to confirm a fever don’t worry as you can use your own judgement, you know your child better than anyone and therefore parental instincts is very important.

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| **Treating fevers:**  ***Medicines-***  **Paracetamol/ Calpol, this comes in 2 strengths- Infant and 6+**  **this can be given 4-6 hourly max 4 times in 24 hours.**  **Ibuprofen/ Junifen/ Calprofen/ Nurofen are all the same medication just different brands shops own is just as effective and more economical.**  **This can be given 6-8 hourly 3 times a day. *Avoid* if suspected Chicken Pox**  **You can stagger/ alternate if required throughout the day to achieve best comfort for the infant/ child.**  ***Alternate nonmedicinal methods-***  **Cool Liquids**  **Ice Poles/Ice Creams**  **Strip down to nappy/ light clothing but cover if shivering** |

**When to contact the Doctors:**

* They develop a rash that does not fade when pressed- see glass test below.
* Your baby is under 3 months old and has a fever over 38c.
* Has a seizure/ febrile convulsion.
* Fever ongoing for more than 5 days.
* You are becoming more concerned about your child, please trust your judgment.
* You believe the symptoms are worsening.

A person holding a glass with a rash on their skin

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Links for further information:

Sepsis; Spotting the Signs <https://wyhealthiertogether.nhs.uk/parentscarers/worried-your-child-unwell/sepsis-spotting-signs>

Handi App Devon: <https://onedevon.org.uk/our-work/services-and-support/children-and-young-people/handi-app/>

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