

Fever Discharge and Follow Up Advice Sheet for Children 0-5 years

Name of Child _____ Age _____ Date/Time advice given _____

Further advice/Follow up _____

Name of Professional _____ Signature of Professional _____

How is your child?

■ If none of the below factors are present

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

- If your child's health gets worse or If you are worried
- If your child is not drinking
- If your child is passing less urine than usual
- If your child seems dehydrated inc: dry mouth, sunken eyes, no tears, sunken fontanelle (soft spot on babies head), drowsiness
- If your child's fever fails to respond to Paracetamol or Ibuprofen as advised by your healthcare professional

You need to see or speak to a doctor or nurse today
Please ring your GP surgery, Out of Hours GP or call 111

- If your child becomes difficult to rouse
- If your child becomes pale and floppy
- If your child is finding it hard to breathe
- If your child has a fit
- If your child develops a rash that does not disappear with pressure (see the 'tumbler test' on reverse)

You need urgent help
please phone 999 or go to the nearest Accident and Emergency Dept

Some useful numbers

GP surgery (make a note of the number of your surgery here) _____

health visitor service (make a note of the number of your health visitor here) _____

NHS 111. You can call Hertfordshire's 111 service when you need medical help but it's not a 999 emergency. It is open 24 hours a day, every day. Calls are free from landlines and from mobiles.

In Hertfordshire you can also dial 111 if you need to see or speak to a GP when your surgery is closed.

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

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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 and follow the advice given to you by your healthcare professional.

Practical things you can do to help your child

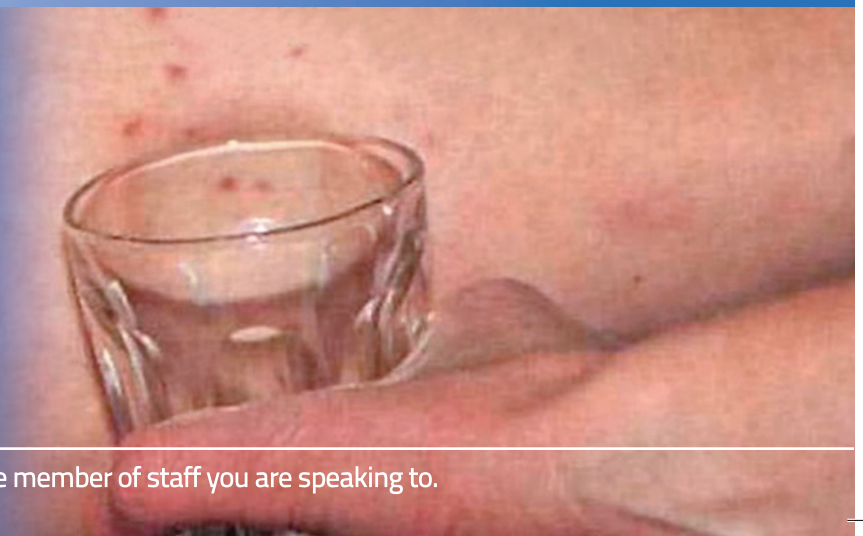
- Check your child during the night to see if they are getting better.
- If a rash appears do the tumbler test (see guidance below).
- If you are concerned that your child is not improving follow the advice on the front of this sheet.
- Children with fever should not be under or over dressed.
- If your child is hot to touch remove some of their clothes.
- 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.

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.
- Never give aspirin to a child.

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, and tummy. (Photo courtesy of the Meningitis Research Foundation).



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