

Information for you, if your child has a temperature

What is a temperature?

A fever is common in children and most children recover quickly and without problems. A fever is when the body's temperature rises above normal. The average normal body temperature taken in the mouth is 37°C but anywhere between 36.5°C and 37.2°C is normal.

What to do if your child has a temperature:-

Give either paracetamol or ibuprofen for discomfort or distress but not for the sole reason of reducing the temperature. If the child does not respond to the first medication, you can also give the other. Trying to cool your child with a wet cloth or sponge is **not** recommended as shivering can cause the child's temperature to rise further. **Give regular fluids**, breast milk if the child is breast-fed. Do not under dress or over-wrap your child, for example, when indoors a single layer of clothing (i.e. a T-shirt) and no blankets is normally fine.

Please see overleaf for symptoms

If your child suffers any of these symptoms, then call 999 immediately

- If they are grey, very pale or blue
- If they won't wake up or respond when talking to them
- If they have a continuous high pitched or weak sounding cry
- If their breathing rate is above 60 breaths per minute (appears very fast)
- Non-blanching rash (a rash that won't disappear when pressure is applied, for example rolling a glass over the skin)
- Fitting
- Bloody or black vomit

You should contact your own GP or 111, if your child displays any of the following symptoms

- They don't respond normally when you try and talk to them or won't wake up easily
- Their breathing rate is above 50 breaths per minute (less than 12 months) or above 40 breaths per minute (older than 12 months) (appears short of breath)
- Their breathing becomes noisy or they can't talk in full sentences
- Their mouth and eyes appear dry
- They have only 1 wet nappy in 12 hours or pass urine once in 12 hours
- Their temperature goes above 39°C despite taking paracetamol / ibuprofen
- They have uncontrollable shaking
- They develop a swollen red joint, arm or leg, or refuse to walk
- Poor feeding in babies (less than half of their usual amount of milk)