

# Fever Advice Sheet for Children 0-5 years

Advice for Parents and Carers

Most children do get better very quickly, but some children can get worse.

You need to regularly check your child and follow the advice below



**RED**

**If your child:**

- Becomes unresponsive
- Becomes blue
- Is finding it hard to breathe
- Has a fit

- Develops a rash that does not disappear with pressure (see the 'Tumbler Test' on reverse)

**Your child needs urgent help** Please phone 999 or go to the nearest hospital (A&E)



**AMBER**

**If your child:**

- Health gets worse or if you are worried
- Is not drinking
- Is passing less urine than usual
- Has signs of dehydration including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on baby's head), drowsiness or generally seems more unwell

- Has a fever lasts longer than 5 days

**You need to contact a doctor or nurse today**  
Please ring your GP surgery or call NHS 111 for advice



**GREEN**

**If your child:**

- Clearly has symptoms of a cold (runny nose, sneezing, etc)
- Is drinking well & passing urine
- Fever settles with medication

- Is not drowsy
- If fever settles within 5 days

**Self-Care**  
Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 for advice

Name of Child	Age of Child	Date/Time advice given
Name of professional (Print)		
Signature of Professional		
Further Advice/Follow Up		

## Some Useful Numbers and Websites



**NHS 111 – Dial 111**  
Free from landlines and mobiles  
24 hours a day, 365 days a year

**GP Practice Phone Number**

**NHS Choices**  
[www.nhs.uk/](http://www.nhs.uk/)

**When should I worry**  
[www.whenshouldiworry.com](http://www.whenshouldiworry.com)

**Parents guide to common childhood illnesses and wellbeing**  
[www.westcheshireccg.nhs.uk/document\\_uploads/plans-strategy/FINAL%20Childhood%20Illness%2001.02.16.pdf](http://www.westcheshireccg.nhs.uk/document_uploads/plans-strategy/FINAL%20Childhood%20Illness%2001.02.16.pdf)

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

# Paediatric Abdominal Pain Advice Sheet

Advice for Parents and Carers

Most children do get better very quickly, but some children can get worse.

You need to regularly check your child and follow the advice below

## 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 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 or 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 community 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



## 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)*