

Fever

RFQs

- Has he vomited? Or has he had diarrhoea? How many times today?
- Is there a rash? Does it go pale when you press on it and separate your fingers (or does it go pale when you press on it using a glass)?
- Is he acting normally? Is he moving his neck freely? And is he shy of the light? How is his breathing?

Safety net:

If your child has a fever, check that they are not poorly. If she is pale, ashen, mottled or blue we need to see her immediately. If she doesn't respond to you, or you can't wake her, again that could be an emergency.

A non-blanching rash, light shyness, stiff neck, or repeated vomiting, need immediate assessment.

Grunting, fast breathing (more than 40 breaths per minute) warrants an immediate appointment. We also need to see her urgently if she seems to be working a lot harder with her breathing. If she is not passing water twice or more a day, we need to check her out.

Provide

If your child has a fever, and is uncomfortable with this, you could use paracetamol and/ or ibuprofen. Don't rely on these medicines to control the fever. But paracetamol or ibuprofen (or both) may make the child feel a little better. Ibuprofen should only be given after food or milk, and not if your child is not taking fluids well, it can irritate the stomach or the kidneys.