



## Information for you if your child has a temperature

### **What is a temperature?**

A fever is common in children and most will recover quickly and without problems. A fever is when the body's temperature rises above normal. The average 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, eg when indoors a single layer of clothing, such as a T-shirt, and no blankets is normally fine.

## **Please see overleaf for symptoms**



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**If your child shows signs of any of the following symptoms then call 999 immediately**

- They are grey, very pale or blue
- They won't wake up or respond when you are talking to them
- They have a continuous high-pitched or weak-sounding cry
- Their breathing rate is above 60 breaths per minute or appears very fast
- Non-blanching rash, ie a rash that won't disappear when pressure is applied by, for instance, rolling a glass over the skin
- Fitting
- Black or bloody vomit

**You should contact your own GP or NHS 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]
- Their breathing becomes noisy or they can't talk in full sentences
- Their mouth and eyes appear dry
- They have one wet nappy / pass urine once in 12 hours
- Temperature above 39°C despite taking paracetamol / ibuprofen
- They have uncontrollable shaking
- They develop a swollen red joint / arm / leg or refuse to walk
- Poor feeding in babies [less than half their usual amount of milk]



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