



## Fever in children

A fever is a temperature of over 37.5C (99.5F). Fevers are quite common in young children and are usually mild. As a parent it can be very worrying if your child has a high temperature. However, it is very common and often clears up by itself without treatment

If your child's face feels hot to the touch and they look red or flushed then they may have a fever. You can check their temperature with a thermometer. Measured under the arm, normal temperature is about 36.4C (97.4F). Under the tongue, normal temperature is slightly higher at about 37C (98.4F). This may vary slightly depending on the time of day and what your child has been doing.

If you're worried speak to your GP or call NHS 111. If the surgery is closed, contact your GP out-of-hours service. If you're still concerned, or if your GP or out-of-hours service can't come quickly enough, take your child straight to your nearest Accident and Emergency (A&E) department.

### How to treat a young child's fever

It's important to keep your child hydrated by giving them plenty of cool water to drink. Even if your child isn't thirsty try to get them to drink little and often to keep their fluid levels up. Don't give them food unless they want it.

Treat discomfort and fever with paracetamol or ibuprofen (always follow the dosage instructions carefully). Do not give your child aspirin.

The following suggestions may help your child feel more comfortable:

- Give your child plenty to drink.
- Undress them to their nappy or vest and pants.
- Cover them with a sheet if necessary.
- Keep the room well aired and at a comfortable temperature of about 18C (65F) by adjusting the heating or opening a window.
- If your child is distressed and uncomfortable, try giving them paracetamol or ibuprofen. You can't give them both at the same time, but if one doesn't work you may want to try the other later. Always check the instructions on the bottle or packet to find out the correct dose and frequency for your child's age.