

## Further Advice / Follow-up

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### The Glass Test

Do the 'glass 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 as you press the glass onto the skin then this is called a 'non-blanching rash'. If you see this type of rash, 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 and tummy.



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### Some useful telephone numbers:

If you need advice please try:

Your local pharmacy can be found at [www.nhs.uk](http://www.nhs.uk)

Health Visitor: .....

Your GP Surgery: .....

Please contact your GP when the surgery is open or call **NHS 111** when the GP surgery is closed.

**NHS 111** provides advice for urgent care needs. **NHS 111** is available 24 hours a day, 365 days a year. Calls from landlines and mobile phones are free.

**NHS Choices:** [www.nhs.uk](http://www.nhs.uk)  
for online advice and information

**Family Information Service**

**Bucks** Tel: **0845 688 4944** or

[www.bucksfamilyinfo.org.uk](http://www.bucksfamilyinfo.org.uk); or for Slough

Tel: **01753 476589** or [www.servicesguide.slough.gov.uk](http://www.servicesguide.slough.gov.uk); or for Windsor, Ascot and

**Maidenhead** Tel: **01628 685632** or

[www.rbwm.gov.uk/web/cis.htm](http://www.rbwm.gov.uk/web/cis.htm)

[www.chilternccg.nhs.uk](http://www.chilternccg.nhs.uk)

[www.aylesburyvaleccg.nhs.uk](http://www.aylesburyvaleccg.nhs.uk)

[www.sloughccg.nhs.uk](http://www.sloughccg.nhs.uk)

[www.windsorascotmaidenheadccg.nhs.uk](http://www.windsorascotmaidenheadccg.nhs.uk)

**If you are worried about your child, trust your instincts.**

**Contact your GP or dial NHS 111.**

Based on Feverish illness in children Assessment and initial management in children younger than 5 years 2007 NICE clinical guideline 47 and with consideration to NICE 2013 Feverish Illness Consultation guidance (January 2013)

If you need an interpreter or need a document in another language, large print, Braille or audio version, please contact Family Info Bucks on [familyinfo@buckscc.gov.uk](mailto:familyinfo@buckscc.gov.uk) or Slough at [FIS@slough.gov.uk](mailto:FIS@slough.gov.uk) or for Windsor, Ascot and/or Maidenhead visit [www.rbwm.gov.uk/web/cis.htm](http://www.rbwm.gov.uk/web/cis.htm)

Update approved by Children and Young People Urgent Care Board

Published April 2013 To be reviewed April 2014

**Chiltern**  
Clinical Commissioning Group

**AVCCG**  
Aylesbury Vale Clinical  
Commissioning Group

**NHS**  
Slough  
Clinical Commissioning Group

**NHS**  
Windsor Ascot and Maidenhead  
Clinical Commissioning Group

This guidance is written in the following context:

This document was arrived at after careful consideration of the evidence available including but not exclusively NICE, SIGN, EBM data and NHS evidence, as applicable. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. The guidance does not, however, override the individual responsibility of healthcare professionals to make decisions appropriate to the circumstances of the individual patient in consultation with the patient and / or carer.

# Fever Advice Sheet

Advice for parents and carers of children aged 5 years old and under

If your baby is under 6 months old seek medical advice without delay

### Advice for treating children with fever

Most fevers (high temperatures) in children are not serious and are due to the common infections of childhood such as coughs, colds and other viral infections. However, sometimes a fever is a symptom of a serious infection.

This leaflet gives some advice on how to look after a child with fever. The "traffic light" diagram (inside this leaflet, when folded) gives some pointers on when and where to seek advice in the local area.

On the back, you will find some guidance on looking after your feverish child.

If your baby is under 6 months old seek medical advice without delay

### Looking after your feverish child over 6 months old

- If you are concerned your child's condition is worsening, follow the traffic light advice (see right).
- Check your child regularly during the day and also through the night.
- If a rash appears do the 'Glass Test' (see box)
- Children with fever should not be under or over dressed.
- If your child is distressed or you feel they are in discomfort you may use medicines (such as Paracetamol or Ibuprofen) to help them feel more comfortable. However, you may not need to use these medicines. Please note if your child has been diagnosed with asthma, Ibuprofen is not recommended.
- Please read and follow the instructions on the medicine container.
- At home, we do not recommend giving both Paracetamol and Ibuprofen at the same time together. If your child has not improved after 2-3 hours you may want to give them the other medicine. Never exceed the dose on the bottle.
- Do not give Aspirin to a child.
- Please ask your local community pharmacist for more advice about medicines.
- Ensure your child drinks regularly.
- If your child is due to have immunisations, please consult your Practice Nurse / GP or Health Visitor for advice as there may be no need to delay the appointment.
- If you need to keep your child away from nursery or school while they are unwell and have a fever, please tell the school. Your Health Visitor, Community Nurse, GP / Practice Nurse will be able to advise you if you are unsure.

## What do I do if my child has a fever? (traffic light advice)

If your baby is under 6 months old seek medical advice without delay

 <p><b>RED</b></p>	<p>If your child has any of these below:</p> <ul style="list-style-type: none"> <li>• becomes unresponsive</li> <li>• <b>or</b> becomes blue</li> <li>• <b>or</b> is finding it hard to breathe</li> <li>• <b>or</b> has a fit</li> <li>• <b>or</b> develops a rash that does not disappear with pressure (see the 'glass test' overleaf)</li> </ul>	<p><b>You need EMERGENCY help</b></p> <p>Call <b>999</b> - you need to be seen at the accident and emergency (A&amp;E) department</p> <p>Nearest Hospitals (open 24 hours 7 days a week):</p> <ul style="list-style-type: none"> <li>• Frimley Park, Surrey</li> <li>• Hillingdon Hospital</li> <li>• John Radcliffe, Oxford</li> <li>• Milton Keynes Hospital</li> <li>• Royal Berkshire, Reading</li> <li>• Stoke Mandeville Hospital, Aylesbury</li> <li>• Wexham Park Hospital, Slough</li> </ul> <p><b>Bring your child's Red Book with you.</b></p>
 <p><b>AMBER</b></p>	<p>If your child's health gets worse or if you are worried:</p> <ul style="list-style-type: none"> <li>• <b>or</b> if your child is not drinking</li> <li>• <b>or has signs of dehydration including dry mouth, no tears, sunken eyes, the soft spot at the top of the head is more dipped in than usual, more sleepy than usual, they wee less and seem generally unwell</b></li> <li>• <b>or</b> if your child's fever lasts longer than five days</li> <li>• <b>or</b> if your baby is under six months, seek medical advice without delay (from your health visitor, GP / Practice nurse or A&amp;E)</li> </ul>	<p><b>You need to contact a nurse or doctor today</b></p> <p>Please ring your GP surgery during the day or when your GP surgery is closed, please call <b>NHS 111</b></p> <p><b>Bring your child's Red Book with you.</b></p>
 <p><b>GREEN</b></p>	<p>If none of the features in the red or amber boxes above are present.</p>	<p><b>Self care</b></p> <p>Using the advice on this leaflet you can care for your child at home.</p> <p>If you feel you need advice please contact your <b>Health Visitor</b> or <b>GP Surgery</b> or your <b>local pharmacy</b> (follow the links at <a href="http://www.nhs.uk">www.nhs.uk</a>)</p> <p>You can also call <b>NHS 111</b></p>