



Most children with a fever do get better very quickly but some children can get worse. You need to regularly check your child and follow the advice below:

- If your child becomes unresponsive.
- If your child becomes blue.
- If your child is finding it hard to breathe.
- If your child has a fit.
- If your child develops a rash that does not disappear with pressure (see the 'Tumbler Test' on reverse).

**You need urgent help. Please phone 999 or go straight to CAU if "open access", or to A&E.**

- If your child's health gets worse or if you are worried.
- If your child is not drinking.
- If your child is passing less urine than usual.
- If your child has signs of dehydration including dry mouth, no tears, sunken eyes, sunken fontanelle (soft spot on babies head), drowsiness and generally seems more unwell.
- If your child's fever lasts longer than 5 days.

Please ring CAU on 01603 286319 or 01603 289774

- If you have concerns about looking after your child at home.

Ring CAU if your child has "open access". Otherwise ring your GP surgery /Health Visitor or Community Nurse or attend the Walk in Centre.

Name of Child.....  
Age.....



When assessed on ..... (date) at ..... (time) your child was placed in the **Green / Amber** (cross off as appropriate) category. Please watch for any change in your child's condition as described above and follow the advice.

**Name of Professional (Print)**  
 .....**Signature**.....

Further Advice/  
 Follow Up:  
 .....  
 .....

**Some useful Phone Numbers** (to be filled in by parent/carer)

**GP/Practice Nurse (Parent to complete)**  
 .....

**Health Visitor**  
 .....

**Walk in Centre**  
 .....

**NHS 111 Service** Call 111 free from any phone  
 111.nhs.uk for help online or typetalk/textphone 18001 111

# 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 overdressed. If your child is hot to touch remove some of their clothes.
- Do not sponge your child with water.
- 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* and *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.
  - Never give aspirin to a child.
  - If you have questions regarding your child's medication, please ring CAU on the number provided.
- Offer your child regular drinks (*where a baby is breastfed the most appropriate fluid is breast milk*) and check for signs of dehydration as described above.
- 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 such a 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)