

Patient information

Feverish Illness in Children Under Five Years of Age

Emergency Care – Royal Liverpool Hospital

We think that your child is well enough to go home now

Please seek further advice if:

- Your child has a fit.
- Your child develops **a rash that does not disappear with pressure** (see the tumbler test at the end of this sheet).
- Your child has a **fever lasting longer than five days**.
- Your child's health is getting worse.
- You are concerned.

Who to contact if you are concerned

Telephone NHS 111

Or

Take your child to your family doctor (GP)

Or

The Nearest Emergency Department (A&E) as soon as possible.

You can help your child at home by:

1. Trying to keep them cool

- Do not under or over dress.
- If your child is shivering or sweating a lot, change the amount of clothes they are wearing.
- If your child has a fever and is distressed, you can give them either paracetamol or ibuprofen (please read the instructions on the bottle first and **do not exceed the maximum daily doses**).
- **Don't give both these medicines at the same time.**
- Do not sponge your child with water. This does not help to reduce a fever.

Checking on your child

- Check your child during the night for rashes and to see if they are getting better. If a rash appears, do the tumbler test (see below).
- If you are concerned that your child is not improving phone the number on this advice sheet to seek advice.
- Keep your child away from nursery or school while they have a fever and notify the school or nursery of the illness.

Do the 'tumbler test' if your child has a rash.

- Press a glass tumbler firmly against the rash.
- If you see the spots through the glass and they **do not** fade this is called a non blanching rash.
- **If the non blanching 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 and soles of the feet.

2. Preventing Dehydration

Offer your child regular drinks (where a baby or child is breastfed the most appropriate fluid is breast milk).

Look for signs of dehydration:

- Sunken fontanelle (soft spot on a baby's head).
- Sunken eyes.
- Dry mouth.
- No tear.
- Dry nappies.

Please seek help if you find signs of dehydration or you are concerned.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your Outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

The Royal Liverpool Hospital

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Text phone number: 18001 0151 706 2060 / 2065

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