



# High Temperature (Child)

## DOES YOUR CHILD HAVE A HIGH TEMPERATURE?

### Guidance for Parents

How do you know if your child has a high temperature?

Your child may show the following signs and symptoms:

- A flushed face with pink cheeks.
- Irritable or lethargic behaviour.
- Refusing to eat and drink.
- Complaining of headache, earache, sore throat or feeling cold.

If you have recorded your child's temperature, the thermometer will read above 37.5°C.

## What should you do if your child has a high temperature?

It is normal for the body temperature to rise when an infection is present:

- Keep your child in a well-ventilated room.
- Remove heavy blankets and clothes, but do not expose your child to draughts.
- Paracetamol syrup will help to reduce the temperature and relieve pain that may be caused by a headache, sore throat or an earache. Use as prescribed on the bottle.



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Encourage your child to drink clear fluids. It is important that he / she drink to prevent dehydration.

If your child's condition does not improve, contact your general practitioner. Occasionally young children, usually between the age of six months and five years, have a fit because of their high temperature. This fit is known as a febrile convulsion. It may be a very frightening experience, but children do not usually come to any harm as a result of the convulsion.

If your child has a convulsion:

- Lie him / her down on his / her side.
- Do not restrain him / her or place anything in his / her mouth.
- Do not cover him / her with heavy blankets.
- Talk to your child.
- If the convulsion lasts longer than five to 10 minutes, or one convulsion is followed by another, call an ambulance.

When the convulsion is over:

- Reassure your child. He / she may be sleepy or irritable for a while.
- Give some Paracetamol syrup (Calpol) providing he / she has not already had any.
- Call your general practitioner (GP) to see your child.
- Try to remain calm. This will help your child.

It is important to remember that if your child has a febrile convulsion it does not mean they will go on to suffer epileptic fits.



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## Further Advice & Instructions

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**Please retain this leaflet for future reference.**



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**For further advice or information you can telephone your local Minor Injury Unit (MIU):**

## **Chippenham Community Hospital**

Rowden Hill

Chippenham

SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00 to 23:00; seven days a week

## **Trowbridge Community Hospital**

Adcroft Street

Trowbridge

BA14 8PH

Tel: 01225 711 329

Open: 07:00 to 23:00, seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

**This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email [gwh.pals@nhs.net](mailto:gwh.pals@nhs.net)**

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