
PATIENT INFORMATION – HIGH TEMPERATURE (CHILD)

Taking your Childs temperature/What is a high temperature?

You can take a child's temperature in their ear or mouth. A normal temperature is usually between 36 °C and 36.8°C. A high temperature/fever is classed as over 37.5°C in a child.

What has caused it?

A high temperature can be caused by infections or other illnesses such as flu, ear infections and common childhood illnesses e.g. chickenpox.

How to look after them

If your child has a temperature it is important to make them as comfortable as possible. The following tips may help:

- Give them *paracetamol **OR** ibuprofen
- Give them lots to drink
- Make sure they rest
- Keep them cool, for e.g cover them with a lightweight sheet but ensure they are dressed appropriately for their surroundings. Their room should be kept cool also. 18°C (65°F) is about right (open a window if need be)

Things to look out for:

If your child has a temperature, keep an eye out for any signs of serious illness or dehydration. If your child has dehydration, you may notice signs such as:

- dry mouth
- drowsiness
- no tears and sunken eyes

- dry nappies/needing the toilet less than usual

Symptoms of a more serious illness can include:

- breathing problems
- drowsiness
- convulsions (fits)
- pains
- headaches that become worse even after giving them
*paracetamol.

If you are worried about your child then please contact their GP for advice. You can also call NHS Direct Wales on 0845 46 47 and speak to a nurse adviser. You should contact your GP urgently if your child:

- Is under three months of age and has a temperature of 38°C or above
- Is between three and six months of age and has a temperature of 39°C or above
- Is over six months and shows other signs of being unwell – for example, they are floppy and drowsy or you are concerned about them.

***Pain relief advice**

You may have been given some pain relief by the health professionals in the Accident and Emergency Department. If this runs out and you need further pain relief, you can speak to a pharmacist for advice. Some common painkillers are available to buy over the counter, for e.g. paracetamol or ibuprofen. Always follow the instructions on the packet if you are taking these, and seek further advice from the pharmacist should you have any concerns, particularly if it is for a child.

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If you become unwell or are injured, choose the right NHS service to make sure you get the best treatment. The Choose Well campaign explains what each NHS service does, and when it should be used.

Choosing well means that you and your family will get the best treatment. It also allows busy NHS services to help the people who need them most.

If you are unsure about which option to choose, please call NHS Direct Wales on 0845 46 47 or visit the Choose Well website at www.choosewellwales.org.uk

This information has been produced based on previous information leaflets and the evidence available at the time of publication. It has been clinically reviewed however if you notice anything that needs updating or amending please contact ppi.team@wales.nhs.uk

If you require this information in another language or format please ask a member of staff.

For further advice or information contact NHS Direct Wales 0845 46 47

www.nhsdirect.wales.nhs.uk