

# Discharge advice for a fever in a child under five

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Information for parents/carers.

## What to do when your child has a fever

### Preventing dehydration

Offer your child regular drinks. Look out for signs of dehydration:

- Sunken fontanelle (soft spot on a baby's head)
- Dry mouth
- Sunken eyes
- No tears when crying.

If you find signs of dehydration encourage your child to drink more fluids and seek further advice if you are worried.

### Clothing

Children with fever should not be under or over-dressed. If your child is shivering or sweating a lot, change the amount of clothes they have on.

### 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 this 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.

If your child has a blanching rash but you are still concerned about them due to temperature, behaviour or they are irritable please seek medical advice via NHS 111, your GP, if you believe your child's condition is serious go to your local A&E Department or call 999.

### Medicine to reduce temperature

It is not necessary to use medicines regularly to treat your child's temperature. However, if your child has a fever and is distressed or unwell, you can make them feel more comfortable by giving them either Paracetamol or Ibuprofen (please read the instructions).

Do not give these medicines at the same time. For example, if your child has not improved a few hours after having Paracetamol you can try giving Ibuprofen, this way there is always a medicine you can give to keep your child comfortable. Please ask your local community pharmacist for more advice.

Never give aspirin to a child. If your child has been given antibiotics, make sure they take these as prescribed until the course is finished.

### 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.

If you are concerned that your child is not improving phone the number on the bottom of this leaflet 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.

## Going home

Your child is well enough to go home now, but please telephone the number below if:

- Your child's health gets worse
- You are worried
- You have concerns about looking after your child at home
- Your child has a fit/seizure/convulsion
- Your child develops a rash that does not disappear with pressure (see the 'tumbler test' below)
- The fever lasts longer than five days.

For further advice call either the Children's Ward 01493 452010 or call NHS 111 or take your child to your GP/Out of Hours GP. If you believe it to be an emergency call 999, or attend the Accident & Emergency Department as soon as possible.



See above a picture of a non-blanching rash, shown using the tumbler test.

(Photo courtesy of the Meningitis Research Foundation)

### Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240