# **Practical Things You Can Do to Help Your Child**

- · Check your child during the night to see if they are getting better.
- If you are concerned that your child is not improving or has new symptoms (such as a new rash) follow the advice inside this leaflet.
- · Children with fever should not be under, or over, dressed.
- · If your child is hot to touch remove some of their clothes.
- · Tepid sponging is no longer recommended for the treatment of fever.
- Offer your child regular drinks (where a baby is breastfed, the most appropriate fluid is breast milk).
- If your child is due to have immunisations please consult your GP, Practice Nurse or Health Visitor for advice — 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.

# **Using Medication to Help**

- If your child is distressed or very unwell you may use Paracetamol or Ibuprofen to help them feel more comfortable - however it is not always necessary.
- Don't routinely give both 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 medication.
- Please read the instructions on the medication bottle first for dose and frequency.
   Be aware of the maximum dose which can be given over a 24 hour period.
- You could ask your local community pharmacist for more advice about medication.
- Never give Aspirin to a child.

### **NHS 111**

To contact the NHS 111 service simply dial '111' (free from mobiles and landlines).

If you need language support or translation please inform the member of staff you speak to.





# How to Recognise if Your Child is Seriously III











### **How to Use This Leaflet**

Most children with a fever get better quickly and without problems, but a very small number of children may develop a serious infection with sepsis (a bloodstream infection) that requires urgent treatment in hospital.

The information inside this leaflet is designed to help you monitor your child's condition if they have a raised temperature, so you can know when to ask for help and can describe the symptoms. You need to regularly check your child for changing or worsening symptoms, and follow the advice given to you by health professionals.

If you are given this leaflet by a health professional they should fill in the below section with specific advice for you.

Child's Name:	Child's Age:
Clinician's Name:	Date/Time:
Specific Safety Netting Advice from Clinician:	

### **RED (High Risk: Take Action)**

Some children with these features are seriously unwell. If your child has 1 or more of the RED symptoms below they need to be assessed straight away in an Emergency Department (A&E). **Dial '999' for an ambulance if necessary.** 

Temperature		
Temperature over 38°C in babies under 3 months		
Low temperature (below 36°C, check 3 times in a 10 minute period)		
Breathing		
Finding it much harder to breathe than normal – looks like they are working hard		
Making 'grunting' noises with every breath (in newborns this may sound like a lamb bleating)		
Very fast breathing (more than one breath each second in babies under 1 year)		
Can't say more than a few words at once (for older children who normally talk)		
Breathing that obviously 'pauses'		
Skin, Lips and Tongue		
Skin is blue, mottled (purplish, red) or very pale		
Lips or tongue are bluish		
Eyes look 'sunken'		
Hands and feet are unusually cold to touch		
Rash that does not fade when pressed firmly (use a clear glass)		
Eating and Drinking		
Baby under 1 month old with no interest in feeding		
Not drinking for more than 8 hours (when awake)		
Extremely thirsty or unable to keep fluids down		
Persistently vomiting for more than 24 hours		
Bloody, black or brown vomit/sick  Take child to the Emergency		
Toilet/Nappies Department		
Not had a wee or wet nappy for 12 hours (A&E). Dial '999'		
Activity and Body if necessary		
Soft spot on a baby's head is bulging		
Child is floppy		
Not responding to family or carers, or irritable		
Weak, 'high pitched' or continuous crying in a younger child		
Hard to wake up, won't stay awake or doesn't seem to recognise you		
Stiff neck, especially when trying to look up and down		
Older children who are confused		
The child has a seizure (a fit)		

### **AMBER (Medium Risk: Ask for Advice)**

Some children with these symptoms are seriously unwell and need to be assessed by a health professional promptly. If your child has 1 or more of the AMBER symptoms below **contact your GP**, **NHS 111 or walk-in centre promptly**.

Temperature		
Raised temperature (more than 37.5°C) for 5 days or more		
Temperature over 39°C in babies aged 3 to 6 months		
Shivering or shaking		
Breathing		
Nostrils change size with each breath	AMBER	
Breathing faster than normal	Contact GP	
Breathing that's unusually noisy or sounds 'crackly'	Practice, Walk-in	
Cough that sounds like a seal barking	Centre or call	
Skin, Lips & Tongue	<b>'111'</b>	
Unusually pale skin		
Dry mouth, lips and/or tongue		
Rash that fades when pressed firmly (use a clear glass)		
Eating & Drinking		
Baby under 1 year who is not feeding (or taking less than half their usual amount of milk)		
Feeding or eating much less than normal		
Has vomited (been sick) more than twice in the last 24 hours		
Under 1 year old with vomiting and /or diarrhoea		
Toilet/Nappies		
Under 1 year old with more than 5 watery poos (diarrhoea) in the last 24 hours		
Only one wee or wet nappy in eight hours		
Activity & Body		
Less interested than usual in playing		
Not responding normally to family or carers		
Difficult to wake up or unusually sleepy		
Swelling of a limb or joint		
Not using/putting weight on an arm, leg, hand or foot		

# **GREEN (Low Risk: Self Care Advice)**

If none of the above factors are present, use the advice overleaf to provide the care your child needs at home. It's sometimes hard to be sure about particular signs and symptoms. If you feel that your child may be seriously ill, or if something that concerns you is not on these lists, **contact your GP or 111 for advice.**