



We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

**Ashford Hospital**  
London Road  
Ashford, Middlesex  
TW15 3AA  
Tel: **01784 884488**

**St. Peter's Hospital**  
Guildford Road  
Chertsey, Surrey  
KT16 0PZ.  
Tel: **01932 872000**

Website: [www.ashfordstpeters.nhs.uk](http://www.ashfordstpeters.nhs.uk)



---

## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email [asp-tr.patient.advice@nhs.net](mailto:asp-tr.patient.advice@nhs.net). If you remain concerned, the team can also advise upon how to make a formal complaint.

---

**Authors:** Dr Erin Dawson

**Department:** Paediatrics

**Version:** 4

**Published:** Apr 2018

**Reviewed:** Apr 2020

## Fever in Children

Fever i.e. temperature of over 38 C, is very common in children, and is usually caused by a self-limiting viral illnesses.

The high temperature is the body's immune system reacting to the presence of infection, and in itself is not harmful to the child. A higher temperature does not indicate a more serious illness as there is a lot of individual variation in the way children react to infection. The exception to this is in babies under 6 months and especially under 3 months. These babies have immature immune systems and are at higher risk of serious bacterial infections.

Other measurements, such as heart rate, breathing rate and oxygen levels can help to diagnose more serious complaints.

Some children will have a febrile convulsion if their temperature rises suddenly, and this commonly runs in families. Unfortunately, keeping the temperature under 38C will not prevent this from happening.

Paracetamol and Ibuprofen are the drugs used to reduce temperature and relieve pain. We give these only to make the child comfortable, and only one drug should be given at a time for fever.

If the child is in pain, however, both drugs can be given together.

Reducing the temperature can make it easier for the doctor to examine the child properly, and it is reassuring to parents to see the child more settled.

Usually viral illnesses settle in under a week, but occasionally, there is a secondary bacterial infection, which would prolong the duration of the fever. If the fever persists for more than a week, your child should be seen by a doctor again.

Children often don't want to eat if they feel unwell, which is not harmful for a few days. They should be encouraged to drink cool liquids in small frequent amounts.

Cool comfortable clothing should be worn, and rooms kept at a moderate temperature. Stripping the child, fanning them or sponging them down is no longer recommended.

Signs of more serious illness include:

- Very rapid breathing
- Difficulty feeding/talking
- Pinprick purple spots which don't fade when a glass is placed on it
- Persistent cold blotchy skin
- Persistent drowsiness
- Constant vomiting
- Dry nappies for more than 8 hours
- Unusual jerking movements of limbs

Please seek medical attention if your child has any of these symptoms.

## References and Further Reading

### **NHS Birth to Five Guide:**

<http://www.nhs.uk/Planners/birthtofive/Pages/index.aspx>

### **Fever in under 5s: assessment and initial management**

NICE guidelines [CG160] Published date: May 2013

### **Who's afraid of Fever? Richardson and Pursell**

[adc.bmj.com/content/early/2015/05/14/archdischild-2014-307483](http://adc.bmj.com/content/early/2015/05/14/archdischild-2014-307483)