

## Compliments, comments & complaints

If you'd like to compliment, comment or complain about our service please contact our Customer Services Department:

### Customer Services Department

Livewell Southwest  
Room AF3, Local Care Centre  
200 Mount Gould Road  
Plymouth  
PL4 7PY

**Tel:** 01752 435201

**Email:** [customerservicespch@nhs.net](mailto:customerservicespch@nhs.net)

## Contact details

**The Minor Injuries Units are open every day of the year, including Bank Holidays.**

### Minor Injuries Unit Cumberland Centre

Damerel Close  
Plymouth  
PL1 4JZ

**Tel:** 01752 434390

**Opening times:** 8:30am - 9pm

### Minor Injuries Unit South Hams Hospital

Plymouth Road  
Kingsbridge  
TQ7 1AT

**Tel:** 01548 852349

**Opening times:** 9am - 5pm

### Minor Injuries Unit Tavistock Hospital

Spring Hill  
Tavistock  
PL19 8LD

**Tel:** 01822 612233

**Opening times:** 8am - 10pm

[www.livewellsouthwest.co.uk](http://www.livewellsouthwest.co.uk)



Livewell Southwest



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# Management of Children's High Temperature



## Minor Injuries Unit

Cumberland Centre  
South Hams Hospital  
Tavistock Hospital

## Introduction

Your child has been assessed by one of the Practitioners who believes that it is safe for you to take your child home. This leaflet has been written by the Practitioners working in the Minor Injuries Unit to remind you of some of the things that you need to know in order to look after your child in the future. We hope that this leaflet will be helpful to you. Please read it carefully.

If you have any worries or concerns please call 111 - they will be able to give medical advice over the telephone. Alternatively you may wish to contact your General Practitioner (GP) or go to the Emergency Department if appropriate.

## How do I know if my child has a temperature?

If your child is unwell or feels hot, it may be because he or she has a temperature. You can take your child's temperature using:

- A thermometer underneath their arm (all ages)
- A thermometer in their ear (above 1 month, however these can be difficult to use and may not be accurate)
- A thermometer under their tongue (above 5 years)

Forehead thermometer strips are **not** recommended as they are not reliable. In children, any temperature of 38° (100.4°F) or above is considered high and is classed as a fever.

Although the fever is not harmful it may make your child miserable.

## You can help to lower your child's fever by:

### Skin exposure

- Allow your child to lose heat through their skin. If your child feels hot then take most, but not all, of their clothes off. **Do not** wrap them up, even if they complain of feeling cold.
- Keep the room well ventilated.
- If you have an electric fan then this will help to keep the room cool, although you should not place it so that it is blowing directly on to your child.

**Note: Tepid sponging or bathing is not recommended.**

### Giving fluids

- Encourage your child to have frequent amounts of clear fluids.

### Giving medication

If your child seems well and is happy, there is no need to treat the fever with medication. However, if you think your child is miserable with the fever:

- We recommend using Paracetamol (Calpol®, Tylenol®, Panadol®)
- Ibuprofen (Nurofen®, Calprofen®) may also be used if your child does not respond to the Paracetamol.
- We recommend you then use the medicine that your child responds to best, and only give medicine if they are unwell or miserable.
- Always measure the dose according to the instructions on the bottle or packet, or as directed by your doctor.

## How do I know if I need to seek medical attention?

We recommend that you see a doctor / accident and emergency department if your child has any of the following symptoms:

- Complaining of a stiff neck or light hurting their eyes
- Vomiting or refusing to drink much
- Rash
- More sleepy than usual
- Problems with breathing
- In pain
- Convulsion

Also see your doctor if:

- Your child is under 3 months and has a fever
- The fever persists after 48 hours

## Febrile convulsions

Febrile convulsions are fits (seizures) that sometimes happen in children (usually between 6 months and 6 years) who have a high fever. They can be worrying for parents, but they do not usually cause any long term health effects. There is nothing you can do to predict or prevent a febrile convulsion but knowing what to do if it does happen may help you and your child:

- It is important to remain calm and stay with your child.
- Place your child on the floor or bed on their side.
- Try to watch exactly what happens so that you can describe it later.
- Time how long the convulsion lasts.
- Seek medical advice immediately.
- If the fit lasts longer than 4 - 5 minutes, **call 999 for an ambulance.**