



# Fever



## Tips for running a successful session

- Works best in groups of 3-12 parents.
- Having a colleague on hand would be really useful to look after the children. The session is easiest to run when the children are occupied such as their break time.
- Do spend time talking about how the parents might feel i.e. panicky and stressed and how they might manage this. They should trust their inner 'alarm bells' and if worried should speak to their GP, health visitor or NHS 111.
- If there are questions that you do not feel you can answer, be honest; "I am not a health care worker and do not know the answer, however if you are worried about your child take a look at the Healthier Together website for useful info ([www.what0-18.nhs.uk](http://www.what0-18.nhs.uk)) or see your GP".
- Make sure that you give parents/carers an information leaflet at the end of the session.
- The whole session should take about 30mins or so depending on how chatty the group are.

## Starting the session

- You can start by asking **"What do you do if your child has a fever?"**
- Answers from parents may be: 'give Paracetamol' or 'strip them off'. You can ask them **"What temperature do you class as a fever?"**
- Use the flash cards to make the session more interactive. They can be used in different ways such as:
  - Parents (or children) picking a card from a hat or box and reading the question out to the group with discussion after.
  - Cards handed round at the beginning and parents reading from them with discussion after.
  - Be on hand to help with parents with poor reading skills.

## Important points to cover:

- Fever is common in children- they are usually mild, caused by a virus and should improve within 5 days.
- A child has a fever if their temperature is 38°C or above.
- All children under 3 months with a temperature over 38° C should see a doctor, unless their fever is within 48 hours of being vaccinated; in this situation assuming that they are otherwise well, they can be given regular paracetamol for up to 48 hours without seeking medical advice.
- At-home management: offer plenty of fluid, give children's Paracetamol and Ibuprofen for their child's comfort (paracetamol can be given from 2 months of age).
  - They may ask if you can give Paracetamol and Ibuprofen together, advise that they can but that they should always follow the directions on the bottle.
  - Paracetamol and Ibuprofen may take over 30mins to take effect.
- They shouldn't sponge their child down.
- They should keep their child in loose clothing and not over wrap them.

### When to take their child to see a doctor:

- If their child doesn't settle when consoled or is difficult to wake.
- If they haven't wet their nappy or had a wee for more than 12 hours.
- If the fever is associated with a rash that doesn't go away on pressing (glass test).
  - The glass test: press a clear glass tumbler firmly against the rash. If you can see the marks clearly through the glass seek urgent medical help immediately.
- If their child has a fit
- If the temperature lasts longer than 5 days

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