

# High Temperature in a Child

## Emergency Department Patient Information Leaflet



### Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

**01253 955588**

Our Four Values:

People Centred

Positive

Compassion

Excellence

## **Looking after a child with a HIGH TEMPERATURE**

The normal temperature range of children is:  
Under 6 months 36.5 - 37.5 C  
Over 6 months 36 - 37 C

### **TAKING THE TEMPERATURE**

Glass thermometers are not advised for use with children. Several alternatives are available from the chemist.

The temperature should be taken under your child's arm (in the armpit), on the forehead, or in the ear.

Read the manufacturer's instructions and follow closely.

Here are some points to help you care for your child during this time.

### **IF THE TEMPERATURE IS ABOVE NORMAL BUT BELOW 37.8 C**

Take off most of your child's clothes and dress in vest (and nappy).

Encourage your child to drink plenty of fluids.

Re-check the temperature after 30 minutes to ensure it is not continuing to rise.

### **IF THE TEMPERATURE IS 37.8 - 39 C**

Take off your child's clothes (other than nappy).

Encourage your child to drink plenty of fluids.

Give Paracetamol (Calpol) according to the instructions on the bottle.

Try to avoid cuddling your child too closely as your body heat may further increase the temperature.

Re-check the temperature after 30 - 40 minutes to ensure it is not continuing to rise.

### **IF THE TEMPERATURE IS ABOVE 39 C**

Give your child a wash in lukewarm water and allow the water to dry on the skin.

Leave your child without clothes (other than a nappy)

Socks should be placed on cold feet.

Give your child Paracetamol (Calpol) and / or Ibuprofen (Nurofen) according to the instructions on the bottle.

Encourage your child to drink plenty of fluids.

Re-check the temperature in 30 minutes.

Contact your G.P. if you are worried, if the temperature is persistently high, or your child refuses to drink.

The Trust recognises the importance of multi agency working to safeguard children and young people.

If you are concerned about the welfare of a child or young person please contact Children's Social Care on:

**For children living in the Blackpool area:**

Monday – Friday 9.00am – 5.00pm

**Tel No: 01253 477299**

Out of hours and weekends

**Tel No: 01253 477600**

**For children living in Wyre, Fylde, Lancaster or Morecambe**

Monday – Friday 9.00am – 5.00pm

**Tel No: 08450 503 009**

Out of hours and weekends

**Tel No: 0845 602 1043**

**'Protecting Children is everybody's business'**

**Further Information**

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## Useful contact details

Main Switchboard: **01253 300000**

## Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: **01253 955589**

email: **patient.relations@bfwh.nhs.uk**

You can also write to us at:

**Patient Relations Department, Blackpool  
Victoria Hospital, Whinney Heys Road,  
Blackpool FY3 8NR**

Further information is available on our website: **www.bfwh.nhs.uk**

## References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

**Procedural Document and Leaflet  
Coordinator  
01253 953397**

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**[www.freeclaim.co.uk](http://www.freeclaim.co.uk)**

**Call 24 hrs for confidential advice after an accident and help on making a claim**

**0800 612 9156**