

Feverish Illness in Children



WICKER PHARMACY

Open: 8.30am - 10pm Monday - Saturday
10am - 8pm Sundays & Public Holidays, 3pm - 5pm Christmas Day

Friendly advice available every day of the year!

0114 272 7676 www.wicker.co.uk/pharmacy

Advice for carers of children younger than 5 years who have a fever:

(Based on NICE guidelines)

Please seek further advice if:

- your child's health gets worse
- you are worried
- you have concerns about looking after your child at home
- your child has a fit
- your child develops a rash that does not disappear with pressure (see the 'tumbler test' towards the end of this booklet)
- the fever lasts longer than 5 days.

For further advice, phone Wicker Pharmacy on 0114 2727676 or NHS Direct on 08454647 or contact your local GP or, in emergencies, take them to Sheffield Children's Hospital or telephone 999 as soon as possible.

What to do when your child has a fever?

Preventing Dehydration

Offer your child regular drinks (where a baby or child is breastfed the most appropriate fluid is breast milk).

Look for signs of dehydration:

- sunken fontanelle (soft spot on a baby's head)
- dry mouth
- sunken eyes
- no tears

If you find signs of dehydration encourage your child to drink more fluids and seek further advice if you are worried.

Clothing

Children with fever should not be under or over dressed. If your child is shivering or sweating a lot, change the amount of clothes they are wearing.

Medicines to Reduce Temperature

It's not necessary to use medicines (paracetamol or ibuprofen) to treat your child's temperature. But if your child has a fever and is distressed or very unwell, you can help to make them feel more comfortable by giving them either paracetamol or ibuprofen (please read the instructions on the bottle first). Don't give these medicines at the same time. If your child has not improved 2 to 3 hours later, you may want to try giving the other medicine.

Please ask a member of the Wicker Pharmacy team for more advice about medicines.

Never give aspirin to a child.

Sponging

Do not sponge your child with water. This does not help to reduce fever.

Checking on Your Child

Check your child during the night for rashes and to see if they are getting better. If a rash appears, do the tumbler test (see below). If you are concerned that your child is not improving phone the number on the front of this sheet to seek advice.

Keep your child away from nursery or school while they have a fever and notify the school or nursery of the illness.

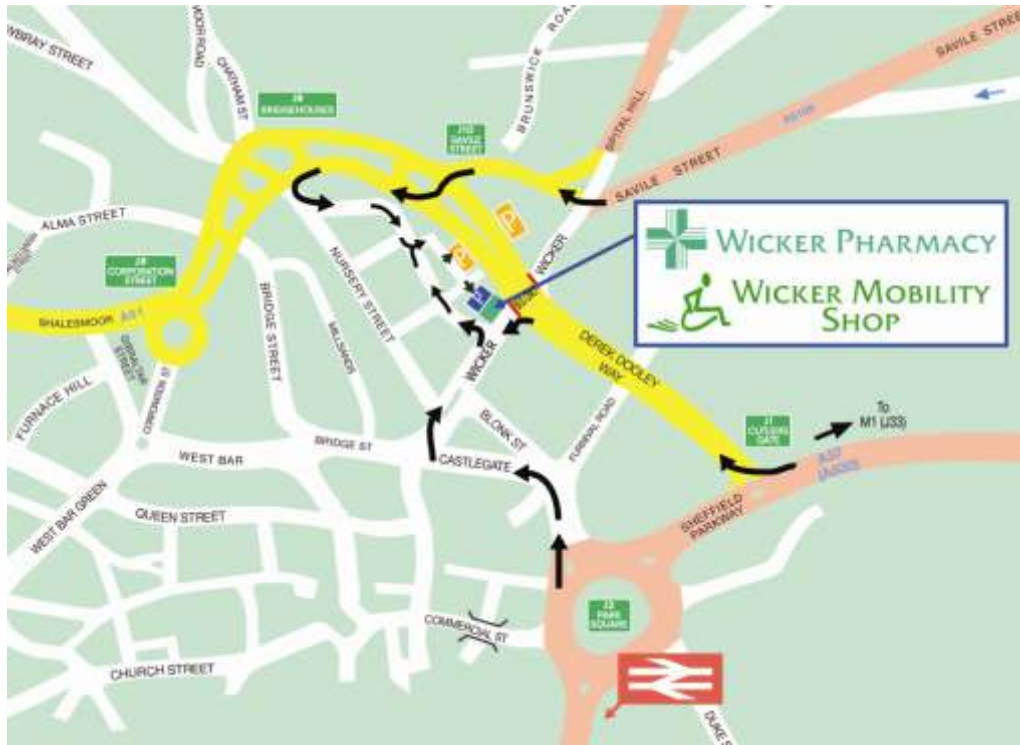
The Tumbler Test

Do the 'tumbler test' if your child has a rash. Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a 'non-blanching rash'. If this rash is present seek medical advice immediately. The rash is harder to see on dark skin so check paler areas, such as palms of the hands, soles of the feet, tummy and inside the eyelids.



How to find us

We are located on the Wicker, close to the well known Sheffield landmark of the Wicker Arches (if you're trying to find us, just ask for these). For Sat Nav users our postcode is S3 8HT, the street name is just "Wicker" and our buildings are Numbers 55-67. We are a 10 minute walk from the train station and are well served by local buses. We have on-site parking at the rear of our premises.



Opening Hours

We are open every day of the year and have been since 1952!

Monday to Saturday 8.30am - 10.00pm

Sundays & Public Holidays 10.00am - 8.00pm

Christmas Day 3.00pm - 5.00pm

When the pharmacy is closed, health advice and information, including details of other local health services, is available round the clock from NHS Direct. You can use: NHS Direct online at www.nhsdirect.nhs.uk; NHS Direct Interactive on digital TV; The NHS Direct telephone service – call 0845 46 47.

WICKER PHARMACY

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web: www.wicker.co.uk/pharmacy



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