# **Fever in Children**

High temperature is very common in young children. The temperature usually returns to normal within 3 or 4 days.

**A fever is a high temperature of 38C or more.**

Fever is the body’s natural response to fighting infections like coughs and colds. Many things can cause a high temperature in children – from common childhood illnesses like chickenpox and tonsillitis to vaccinations.

**Checking a high temperature**

Your child might:

* Feel hotter than usual to the touch – on their forehead, back or tummy
* Feel sweaty or clammy
* Have red cheeks

Use a digital thermometer to take your child’s temperature.

**What to do if your child has a high temperature**

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| **Do** | **Do not** |
| * Give them plenty of fluids * Look for signs of dehydration * Give them food if they want it * Check on your child regularly during the night * Keep them at home * Give them paracetamol or ibuprofen if they are distressed or unwell | * Under-dress your child or sponge them down to cool them – fever is a natural and healthy response to infection * Cover them up in too many clothes or bedclothes * Give aspirin to under 16s * Combine ibuprofen and paracetamol unless your GP tells you to * Give paracetamol to a child under 2 months * Give ibuprofen to a child under 3 months or under 5KG * Give ibuprofen to children with asthma |

For more information regarding a fever in children, please contact your Doctor or speak to a pharmacist.

This information was located on the NHS website

Link: <https://beta.nhs.uk/symptoms/fever-in-children/>