The guidelines have been made by a working group with staff from departments of paediatrics in Herning, Randers, Skejby and Viborg.

The intention with the guidelines is to provide parents with advice across the following sectors: health visitors, general practitioners (family doctors), doctors on call, and the staff at paediatric departments.

You can see and download the parent guidelines at the following homepage: www.rm.dk/via53376.html

You can order additional copies from Rikke Dalsgaard at the Regional Health Office, the Central Denmark Region, Skottenborg 28, 8800 Viborg. Rikke.Dalsgaard@stab.rm.dk

January 2013
**General information:**
Three-day-fever is caused by a virus. The child will get a high temperature for three days after which the temperature will fall again. As the temperature falls, a red-spotted rash develops, typically starting on the upper body and spreading to the child’s arms and legs. The disease is caused by a common virus and it affects mostly infants and small children.

**How is it contracted?**
The disease is caused by a virus spreading through the airways by small droplets when coughing or sneezing. The virus is present in the child’s spit and children contract the disease by breathing in small droplets from coughing or sneezing and by hands or toys contaminated with spit or snot. It will take between 5 and 15 days from the child contracts the disease until it gets ill.

**Symptoms:**
- Sudden high fever in a child who has no signs of having a cold
- Tiredness, uneasiness, and general feeling of discomfort
- The fever usually disappears after three days - hence the name of the disease
- A rash develops on the skin when the temperature falls.

**Good advice:**
- When the child has a fever, it is important that it can get rid of the heat. Often it is enough to dress the child in underwear and socks. Use a sheet or duvet cover instead of a duvet
- Make sure the child gets a lot to drink; offer the child small amounts of fluid frequently. Infants should be breastfed more often.

**When to see a doctor:**
Contact a doctor if the child:
- Seems weak and you cannot establish contact with the child
- Refuses to drink and cannot pee
- Has a high temperature for more than three days
- Develops a rash which does not disappear when you press on it
- Worries you and you feel insecure

Contact your general practitioner first because he/she knows your child better than the doctor on call. You can also get good advice and guidance from the health visitor.

**Prevention:**
Prevention is difficult in practice because the disease is easily contracted at places where many children are in close contact with each other. It is important to wash your hands after touching an infected child. Generally, it is important for both adults and children to wash hands often as it reduces the risk of infection.

**Daycare:**
The child can go back to daycare when the fever is gone and the child feels better.

**Treatment:**
There is no effective treatment for most diseases caused by a virus. The only thing you can do is to relieve the symptoms and keep an eye on the child’s condition.