

CHILDREN  
WITH

**fever**



## Children with fever

### General information:

Young children often run a fever. Fever itself is not dangerous, but is a symptom of infection in the body. Children's temperature can go up and down quickly. The child's normal rectal temperature is between 36° and 37.5°.

- A temperature between 37.5° and 39° is light to moderate fever
- A temperature over 39° is high fever

### Symptoms:

Fever affects children in different ways. Some children will play and feel quite well, while others become tired, whining and sleep a lot.

### Good signs when the child runs a fever:

When the child:

- is interested and pays attention to the surroundings and wants to hear stories, watch TV or a film
- drinks
- pees as usual
- does not have difficulty breathing, although breathing may be more rapid with a high fever
- has a healthy complexion – and perhaps red cheeks
- behaves as usual, but may be more tired and whining than usual.



## **Bad signs when the child runs a fever:**

When the child:

- is apathetic and is not interested in its surroundings
- does not drink or eat
- pees less than usual
- has difficulty breathing
- is pale, perhaps blue around the lips
- has a rash which does not disappear when you press on it (skin bleeding)
- has a temperature over 40.5°C

## **Good advice:**

- A child with a high temperature must be cooled off. Let the child sleep in a cool place and dress the child lightly, e.g. only in underwear and socks. Use a sheet or a thin blanket instead of a duvet
- A child with a high temperature needs extra fluid often and in small portions

## **When to see a doctor?**

If your child shows one or more of the bad signs with fever, contact your general practitioner or the doctor on call.

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 your health visitor.

## **Childcare:**

The child can return to childcare or school once the fever has gone and the child eats, drinks and plays as usual.

## Parental guidelines

These guidelines have been prepared by a working group set up by the departments of paediatrics in Herning, Randers, Skejby and Viborg.

The intention with these 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 admission wards in the Central Denmark Region.

The parental guidelines can be seen and downloaded from the internet on the web site [www.fv.rm.dk](http://www.fv.rm.dk)

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