

CHILDREN
WITH

three-day-fever



Children with **three-day-fever**

General information:

Three-day-fever is a virus disease, which will give the child a high temperature for three days after which the temperature will fall. As the temperature falls, a red-spotted rash develops on the skin. Usually, it first shows on the body and then spreads to the child's arms and legs.

The disease is caused by a common virus and therefore mostly affects infants and young children.

How is it contracted?

The condition is caused by a virus that spreads via the airways by drop infection when coughing or sneezing.

The virus can be found in the child's spittle, and children contract the disease by breathing in small droplets from coughing or sneezing and when being in contact with unclean hands or e.g. toys contaminated with spittle or snot. It takes between 5 and 15 days from the child contracts the disease until it falls ill.

Symptoms:

- Sudden high fever in a child who shows 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 once the temperature has fallen.

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 plenty 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:

- appears to be 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
- makes you worry 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 your health visitor.

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.

If the child is in pain and/or refuses to drink, you may give the child pain-killers as agreed with a doctor.

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 having touched an infected child.

In general, it is important for both adults and children to wash hands often as it reduces the risk of infection.

Childcare:

The child can go back to childcare when the fever has gone and the child feels well again.

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

You may order additional copies from Rikke Dalsgaard,
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