



The Portland Hospital  
for Women and Children

# Advice if your child has a high temperature

## Introduction

A high fever does not necessarily mean your child has a serious illness. Fever is a sign of infection that is usually caused by a virus but it may sometimes be due to bacteria. Bacterial infections are treated with antibiotics. Virus infections, which are far more common, do not need antibiotics. The fever is a way in which the body fights infection and the temperature will return to normal when the infection has completely gone.

## Management of Fever

1. Treat the fever if you feel it is making your child uncomfortable and irritable.
2. Dress your child in light clothing; vest, pants/nappy will be enough. Cover your child with a cotton sheet if he/she starts to shiver in bed.
3. Keep the room at normal temperature, or cooler, by opening windows and use a fan to circulate air (do not aim it directly at your child).
4. Give your child plenty of fluids to drink, small amounts frequently. Do not worry if your child refuses to eat.
5. Give your child oral Paracetamol (i.e. Calpol) or Paracetamol suppositories if your doctor has prescribed these. Ibuprofen (Junifen) can also be given over the age of 6 months. Correct dosage for age is clearly marked on the labels. Neither Calpol nor Junifen should exceed 4 doses in 24 hours.
6. "Sponge" your child's body and head with **lukewarm** water with a face flannel if he/she is still hot. But do not let your child shiver.
7. Return to your doctor if you are concerned, if the fever continues for more than three days, or if your child develops a rash.

## Contact

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## Disclaimer

Whilst this leaflet aims to provide you with useful advice and information it must be noted that it should only act as a guideline. Should you have any further concerns about this procedure, it is advisable that you discuss it with your Consultant.