

## Look out for signs of serious illness

**Legs pains:** making it painful to stand or walk.

**Cold hands or feet:** even with a fever.

**Pale or mottled skin:** in particular pale, dusky or blue skin around lips.

## Rashes and the tumbler test

Do the '**tumbler test**' if your child has a rash. Press a glass tumbler firmly against the rash.

If you can see the spots through the glass and they **do not** fade this is called a 'non blanching rash'. **If this rash is present seek medical advice immediately.**

If the spots fade when the glass is rolled over them the rash is probably not serious but keep checking as it can develop into a non blanching rash.

Rashes are harder to see on dark skin so look for rashes on paler areas such as palms of the hands, soles of the feet, tummy and inside the eyelids.

## Concerns and complaints

We aim to provide you with a high quality service at all times. However, if you have any concerns, complaints or comments about your experience of our service then please tell a member of the team or contact the Patient Advice and Liaison Service on freephone 0800 328 7971.

If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

आपनि यदि এই তথ্যাদি অন্য কোন ভাষায় বা মাধ্যমে (ফরম্যাট) পেতে চান তবে দয়া করে আমাদেরকে বলুন

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若您需要本信息的另一种语言或格式的版本，请与我们联系

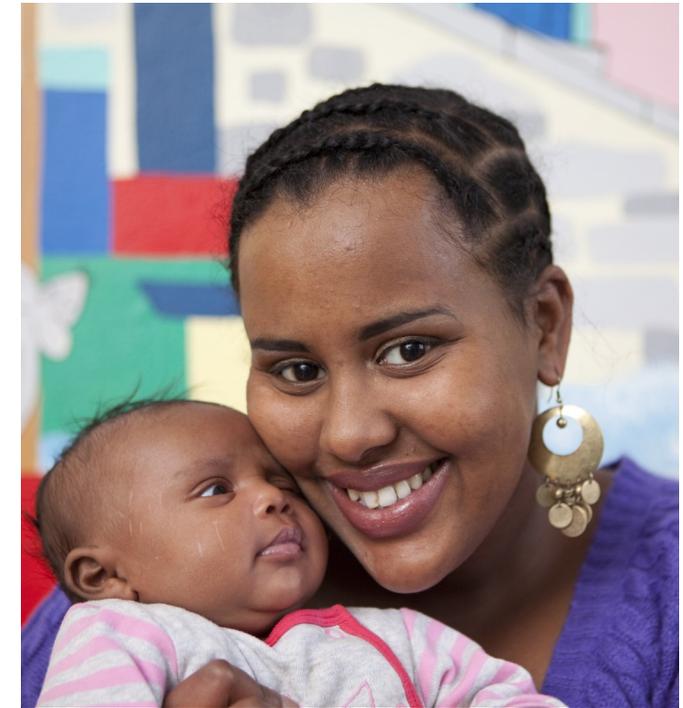
নেবৰ তুমতুঁ দিত নাহবনী কিসী ভূমী ভাসা নাং মলত হিঁচ চাচীসী বৈহে তং বিবধা অত বৈ মাতুঁ খুঁ

اگر آپ کو یہ معلومات کسی دوسری زبان میں یا کسی دوسرے طریقے سے درکار ہیں تو براہ کرم ہمیں سے پوچھیں۔۔۔

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Urgent care is provided by our Older People Directorate. OP 140.15



Urgent care

Discharge advice  
for children under  
five years old with  
a fever

## Further advice after discharge

We think that your child is well enough to go home now but if you become more worried than when you previously sought advice, or if you are concerned about any of the below, please seek further advice.

Seek further advice if:

- your child's health gets worse
- your child has a fit
- your child develops a rash that does not disappear with pressure (see the 'tumbler test' overleaf)
- the fever lasts longer than five days
- you are concerned your child is dehydrated
- you are concerned about how to look after your child.

If any of the above concern you please seek further advice.

Telephone: .....

Or, take your child to:

.....

In an **emergency** dial 999 for an ambulance.

## What to do when your child has a fever

- Offer your child regular drinks (if you are breastfeeding then breast milk is best).
- Check for signs that your child may be dehydrated (dry mouth, no tears, sunken eyes, sunken fontanelle – the soft spot on a baby's head). If you notice any of these signs please seek further advice.
- Check your child for rashes and know how to look for and identify a non-blanching rash (a rash that does not disappear with pressure) as that could be a sign of serious illness (see 'tumbler test' overleaf).
- check on your child two to three times during the night to make sure they are not developing a serious illness.
- Do not try to reduce your child's fever with medicine but do use medicines if your child is distressed, uncomfortable or in pain.
- Keep your child away from school or nursery while they have a fever and notify them of your child's absence
- Return a urine sample if one has been requested, ideally within 24 hours.

## Fever and medicines

Fever is a natural and healthy response to infection so **do not** try to reduce your child's fever by over or under dressing them, sponging them with water or using a fan.

Although it is not necessary to treat fever, there are two medicines that can be used to treat distress caused by fever and being unwell.

These are ibuprofen and paracetamol and they may make your child feel better. They are equally effective, so you should start with one and only use the other if the first has not worked but you should not give both at the same time.

Read the instructions carefully as these medicines come in different strengths and they may also be contained in other products that your pharmacist sells.

If you have any doubt you should tell the pharmacist what you are currently using. Although both are very safe when used correctly, they may be harmful if too large a dose is given or if given too often.