

## Rash/Fever Advice

Your child has been seen in the Emergency Department (ED) because of concerns regarding a fever and/or rash. Whilst here, we have observed your child and she/he has been examined by our doctors and, at the time of discharge, we felt that your child was well enough to go home. Fever and/or rash are a very common problem in childhood and most children have harmless viral infections, which tend to settle with time.

**More serious illness such as meningitis is rare but can start in a similar way.**

As a result, it is extremely important that you observe your child carefully at home. You will have to come back to hospital if you have any concerns.

The signs to look out for are if your child:

- Has a fit
- Has a changing or spreading rash, a rash which does not disappear when pressed with a glass
- Becomes more irritable and not consolable OR very sleepy and difficult to wake.
- Hands and feet are cold.
- Skin looks mottled.
- Has neck stiffness.
- Does not like the light.
- Is not better when the fever is down
- Looks dehydrated/ dry with a sunken soft spot, dry mouth, sunken eyes, no tears

**If any of these signs appear, please phone and speak to one of our nurses or doctors. If you are unable to contact us, then please attend ED at the Grange University Hospital.**

It is important to check on your child during the night. Look in on them before you go to bed and then set your alarm to check on them a couple of hours later. It is often found that children get worse overnight while everyone is sleeping.

<ul style="list-style-type: none"> <li>• Offer regular fluids, if breastfed continue breastfeeding.</li> <li>• If your child appears distressed or unwell give <b>either</b> Paracetamol <b>or</b> Ibuprofen to reduce their fever</li> <li>• You may consider use of the alternative drug if your child does not respond to the first one</li> </ul>	<ul style="list-style-type: none"> <li>• Tepid sponging is not recommended for the treatment of fever.</li> <li>• Don't over dress or over wrap a child with fever - dress them as you normally would.</li> <li>• If your child seems well and is happy don't give Paracetamol or Ibuprofen</li> <li>• Don't give Paracetamol and Ibuprofen at the same time</li> </ul>
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Please do not hesitate to ask any questions of our staff before you leave.

**If the fever last for 5 days or more, please have your child checked by your GP.**

**If you are concerned about your child's' progress, or if they have not improved, we advise you to contact your GP or return to ED at the Grange University Hospital (not a Minor injury Unit).**

**This document is available in Welsh / Mae'r ddogfen hon ar gael yn y Gymraeg**