

Feverish Illness in Children

What causes fever?

Fever can be caused by both viral and bacterial infections. There are many possible causes, most of which are not serious. We have examined your child and feel they are well enough to go home with you. However, if you are concerned at any time that your child is becoming more seriously unwell, please bring them back to be reassessed.

Does my child need antibiotics?

Only bacterial infections can be treated with antibiotics. If you have been given antibiotics for your child, it is important that you finish the full course, even if your child gets better sooner.

What can I do to help?

A number of simple measures can help your child at home:

- Give your child small amounts of fluid regularly to keep them well hydrated. Water is best but you could use diluted fruit juice or squash. Little and often is best. You can also offer ice cubes or ice lollies to suck.
- Keep your child in a cool environment lightly dressed, but not naked. Do not sponge your child down or put them in a cool bath – this does not help to reduce the actual fever.
- You can use paracetamol syrup to make your child feel better if they are distressed by the fever. You can use ibuprofen syrup **instead of or as well** as paracetamol. It is recommended that one medicine is given first and the other added after a couple of hours if your child is not feeling better. Always follow the instructions on the packet carefully.
- **Do not** give your children aspirin.

What should I look out for?

Very occasionally, another, more serious, illness may present early on with minor symptoms similar to a viral illness or simple infection. It is important to bring your child back to the emergency department **immediately** if they develop any of the following:

- Become very drowsy or floppy
- Become pale, grey or bluish
- Develop a rash that does blanch on pressure (does not disappear if you press on it or put a glass tumbler on it)
- Are not drinking enough fluids or struggling to keep fluids down
- Seem to be struggling with their breathing or sound very wheezy
- Become stiff or seem to be making jerking movements

If the fever continues for more than five days, your child should be assessed again by a doctor.

If you have concerns about your child, we are happy to see them again in the emergency department

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day. If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:
Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>
www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB

Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ

Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD

Tel: 01905 760743