



You have told us your child has a High Temperature

You may be confident to care for your child and know what steps to take. If not, we hope this information will be useful.



advice says: A high temperature (fever) is very common in young children. The temperature usually returns to normal within 1 to 4 days.

Checking a high temperature

A normal temperature in babies and children can vary slightly from child to child.

A high temperature is **38C or more**.

As soon as they begin to maintain a temperature below 38C you can consider bring them back to school.

Use a digital thermometer, which you can buy from pharmacies and supermarkets, to take your child's temperature.



advice also says:

Do

- ✓ give them plenty of fluids – if your baby is breastfed, continue to breastfeed as normal
- ✓ look out for [signs of dehydration](#)
- ✓ give them food if they want it
- ✓ check on your child regularly, including during the night
- ✓ keep them at home
- ✓ give them either [paracetamol](#) or [ibuprofen](#) if they're distressed or uncomfortable – check the packaging or leaflet to make sure the medicine is suitable for your child, or speak to a pharmacist or GP if you're not sure
- ✓ get medical advice if you're worried about your child, or if the paracetamol or ibuprofen is not helping

Don't

- ✗ do not undress your child or sponge them down to cool them – a high temperature is a natural and healthy response to infection
- ✗ do not cover them up in too many clothes or bedclothes
- ✗ do not give aspirin to children under 16 years of age
- ✗ do not alternate ibuprofen and paracetamol, unless a health professional such as a doctor or nurse tells you to
- ✗ do not give paracetamol to a child under 2 months
- ✗ do not give ibuprofen to a child who is under 3 months, weighs under 5kg, has chickenpox, or is dehydrated
- ✗ do not give ibuprofen to children with [asthma](#) unless it's been recommended by a doctor

**We look forward to seeing your child back in school as soon as possible.
Please do not hesitate to contact us if you need any advice or support
regarding their health or wellbeing.**

All the NHS advice above can be found here

<https://www.nhs.uk/conditions/fever-in-children/>