

WINTER 2018 NEWSLETTER

SURREY FIRST AID TRAINING



Fevers and medication for Babies and Children – what you need to know

WHAT IS A HIGH FEVER?

Did you know that a 'high fever' in children under five is considered to be a temperature of 38C (100.4F) or above?

However, according to the NHS Website you should contact your GP or health visitor

urgently if your child is under three months old and has a temperature of 38C (100.4F) or above OR is between three and six months old and has a temperature of 39C (102.2F) or above.

To treat a fever at home, you can take several measures such as increased liquids and providing lightweight sheets and clothing. Sponging your child with cool water is no longer recommended to reduce a fever.

More common in babies and toddlers, febrile seizures are fits that can happen during a fever. Though distressing, the fits are usually harmless and almost all children make a complete recovery afterwards. As a precaution, you may still need to take your child to the nearest hospital or dial 999 for an ambulance.

In our Paediatric First Aid Courses we cover how to help a baby or child who is having a seizure. For more information please see our Paediatric First Aid course page

<http://www.surreyfirstaid.co.uk/courses/12-hour-paediatric-first-aid.html>

This course is not only aimed at those working in childcare, but also parents who want to know how to deal with an emergency taking place at home. This course is recommended for anyone who works with or looks after children with severe allergies in their care. Let us help you implement the changes and update your care plans with our specialist training course.

Paracetamol and Ibuprofen for Babies and Children

The NHS guidelines state that:

"Children's paracetamol and ibuprofen can help to reduce a fever, but they're not always needed. If your child doesn't seem distressed, there's no need to give them medicine to lower their temperature."

"If your child is distressed, don't give them paracetamol and ibuprofen at the same time. Try one on its own first. If they're still distressed before the next dose is due, you could try the other medicine instead."

It is far safer to alternate these medicines, rather than take them both at the same time.

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