



## Fever in children

Viral or bacterial infections are a normal part of life. To help fight off infections our body's temperature rises causing a fever. Infections are normally worst the first few days and last about a week.

Bub may:



Be a little off colour and upset or irritability



Not eat much or not want to play



## Looking after bub

If bub is very hot and uncomfortable you can try:



Putting light clothing on. Don't put too many clothes on them, so they don't overheat.

Being in a warm room (a cool room may increase the fever).



Give paracetamol (Panadol) only if 8wks and older. It won't stop the fever but helps settle them.



Offering small amounts of water often. Don't be too worried if bub is not eating.

See a GP, health clinic or emergency department if bub:



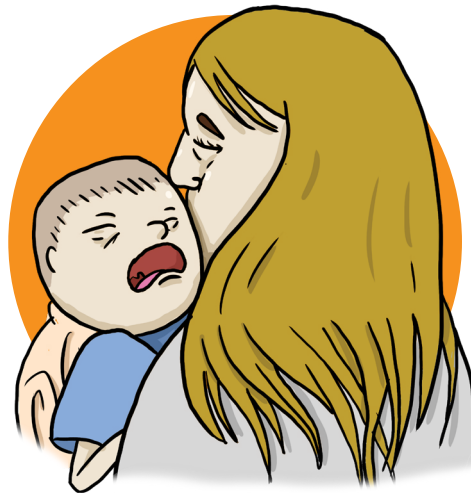
Is under 3 months old and has a fever or is sleepy



Has a headache or neck pain or has a rash



Has pain when peeing or tummy pain



Is upset or irritable and looks sicker than you would expect



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Child and Adolescent Health Service

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Produced by: Emergency Department / Social Work  
Ref: 343.1 © CAHS 2021

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