

What you should do if your child has a FEVER

When should you measure their temperature?¹ 

If their temperature is 38°C² or more

ACCURATE OBSERVATION

Be alert if your child has a decreased **appetite**, won't **drink**, has fewer or more wet (diarrhoea) **nappies** and notice whether their **skin colour** is still good, whether they are **breathing** normally, whether their **crying** is normal, whether they are **active** or very quiet, whether they have **pain** somewhere and whether they remain **alert** when awake

WORRYING SIGNS

- blue-red blood spots on the skin³
- grey skin colour
- drowsy or difficult to wake
- confusion
- difficulty breathing, moaning

YES

Call 112 immediately or contact a doctor urgently

NO

child less than 3 months old⁴


child more than 3 months old

contact a doctor today

YES

Are you worried⁵ or are there serious signs such as dehydration or a rapidly spreading skin rash?

NO

Measure the temperature again after one hour 

If there are signs of discomfort⁶ you can give one dose of paracetamol⁷



Read more about fever at kindingezin.be

See other side 



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Kind & Gezin

Footnotes :

1. You should measure the body temperature if you are worried and if the child is not behaving normally, is sleeping less or more, has less or no appetite, is difficult, is playing less or not at all, is crying more or looks pale.
2. Measure the child's temperature rectally up to 3 years of age.
3. Pinpoint-shaped, subcutaneous spots on the arms, legs or trunk that do not disappear when pressed: this indicates blood poisoning and that a very serious infection is developing
4. Younger than 90 days.
5. Possible reasons for concern: if the child is otherwise sick or sicker than usual, if the child is getting progressively sicker or if the child has had a fever for more than 3 days in a row.
6. Signs of discomfort: tearful, pain, discomfort, reduced appetite, less active.
7. One dose of paracetamol syrup according to the child's weight. In exceptional cases, a different course of action may be followed after consulting a doctor.