

Engelse vertaling uit het Nederlands van: 'Kernboodschappen koorts'

## **Fever or high temperature?**

Your baby's body temperature fluctuates between 36.5 °C en 37.5 °C. Temperatures differ between individual babies and will vary throughout the course of the day. Fever occurs when your child's temperature rises above 38 °C.

Fever is the body's normal reaction to an infection. Fever isn't dangerous and doesn't always have to be treated. Your child's age and general health are very important if your child has a fever. So, please keep a close eye on your child!

### **WARNING SIGNS FOR FEVER**

- Difficulties breathing
- Not eating or drinking
- Vomiting
- Dehydration; drier nappies, dry lips and dry mouth, and sometimes sunken eyes
- Face is pale and grey
- Pain when touched
- Drowsiness, difficulties rousing the child
- Confused speech
- Crying with a high-pitched or weak voice
- Neck stiffness
- Small reddish blue spots (a rash) on the skin
- Convulsions

It is best to consult your doctor immediately if you notice one or more of the symptoms above even if your child doesn't have a high temperature or has only a little fever.

### **Fever in a child younger than 3 months**

- Go to the doctor when the temperature is 38 °C or more!
- Don't give your child any medicine for the fever (an antipyretic) without a doctor's advice.
- If your doctor prescribes any medicine for the fever: Give the correct dose in the correct way.
- Monitor your child's general condition carefully during the fever.
- Give your child small amounts of fluid regularly. Give your child extra milk. If you are breastfeeding, your child can be fed more often.

### **Fever in a child aged between 3 and 6 months**

- Go the doctor when the temperature is 39 °C or more!
- Provide a single dose of medicine for the fever if there are signs of pronounced discomfort (unsettled, in pain or crying), or on the advice of a doctor when waiting for the consultation.
- Provide the medicine in the right way and use the correct dose!
- Do not provide different medicines together or after each other.
- Monitor your child's general condition carefully during the fever.
- If your child is younger than 6 months you can give them extra milk. If you are breastfeeding, your child can be fed more often.

### **Fever in a child older than 6 months**

- Provide a single dose of medicine for the fever if there are signs of pronounced discomfort (unsettled, in pain or crying), or on the advice of a doctor when waiting for the consultation.
- Provide the medicine in the right way and use the correct dose!
- Do not provide different medicines together or after each other.
- Monitor your child's general condition carefully during the fever.
- Give them extra water to drink.