

Fever or high temperature?

Do you think your child is ill? Then take the child's temperature. Taking the temperature repeatedly is not necessary. If the temperature is 38° C or higher, your child has a fever. In such cases it is very important to take into account your child's age and general condition. So check on your child regularly.

How to take a temperature?

We recommend taking the temperature rectally with a digital (electronic) thermometer. Lay the baby on its back and raise its legs. Hold the baby firmly and carefully insert the thermometer 2 cm into the rectum. Some baby oil or Vaseline will help. Clean the thermometer after each use and disinfect it with 70° disinfection alcohol.

What should you do if your child has a fever?

- Observe your child carefully and at regular intervals. Pay special attention for any signs of discomfort. These can be a loss of appetite or not wanting to drink. Check the child's fluid balance, the colour of the skin, how the child breathes, whether it cries abnormally, is very active or very quiet, if it is in pain or if it stays alert when it is awake.
- Immediately call the doctor or the emergency services if you notice any of the following symptoms:
 - o bluish red pointed skin haemorrhages
 - o a greyish colour
 - o drowsy or difficult to wake up
 - o confused
 - o breathing difficulties
- If your child is younger than 3 months and has a fever, you should always contact a doctor.
- If your child is older than 3 months you can wait and see whether there are no alarming symptoms.
- Continue to monitor your child's condition and be alert for the following serious symptoms:
 - o dehydration
 - o abnormal crying
 - o rapidly expanding rash.
 - o If you notice any serious symptoms you should urgently consult a doctor.
- If there are no serious symptoms but only signs of discomfort such as crying, loss of appetite, reduced activity, discomfort or pain, give the child a dose of paracetamol syrup. Give the dose as indicated on the patient information leaflet.
- Take the temperature again after one hour and continue to check on your child. Follow the instructions as described above.
- You don't have to wait for serious symptoms before calling a doctor. Call a doctor if you are worried, for example if your child is sicker or sick in a way different than you are used to, if your child is getting sicker and sicker or if your child has a fever for more than 3 days in a row.

Tips for fever

- Regularly give the child small amounts of fluid. If the child is younger than 6 months, give it extra milk. If you are breastfeeding, put the child to the breast more often. Give older children extra water to drink.
- The child can go outdoors if its general condition allows it.
- If your baby has a fever, there is no need to keep it warm unless the cold distresses it.
- In that case, dress the baby in warm clothes so it feels more comfortable.

Engelse vertaling uit het Nederlands van: 'Kernboodschappen koorts' (Kindboekje)

- It's best to dress the child lightly so that it feels comfortable and can cool down. Additional clothing and blankets are not required.
- A cool room is recommended.
- Undressing a child completely, a cold room or using a cooling bath to lower the child's temperature is not pleasant for the child and is not recommended.
- Do not administer antipyretics to children younger than 3 months without seeking your doctor's advice.
- Use syrup. Only administer a suppository if oral administration is not possible (e.g. if the child is vomiting). When using suppositories, the concentration of the medicine in the blood is not constant.
- Never administer different antipyretics together or one after the other without consulting your doctor.
- It is better not to administer Ibuprofen for chickenpox.