



## Fever advice for parents who's child is not admitted



### Cork Emergency Medicine

[EMed.ie](http://EMed.ie)

#### You should:

- Offer your child regular fluids (where a baby or child is breastfed the most appropriate fluid is breast milk)
- Look for signs of dehydration by looking for the following features:
  - sunken fontanelle
  - dry mouth
  - sunken eyes
  - absence of tears
  - poor overall appearance
- Encourage your child to drink more fluids and consider seeking further advice if they detect signs of dehydration.
- Ask the ED staff or your local doctor how to identify a non-blanching rash
- Check your child during the night
- Keep your child away from nursery or school while the child's fever persists but to notify the school or nursery of the illness.

#### When to seek further help

Following contact with a healthcare professional, you should seek further advice if:

- Your child has a fit.
- Your child develops a non-blanching rash.
- You feels that the child is less well than when they previously sought advice.
- You are more worried than when they previously sought advice.
- The fever lasts longer then 5 days
- You are is distressed, or concerned that you are unable to look after your child.

