

Advice for managing children aged 0-5 years with minor illness

Professional advice/guidance

- Paracetamol and Ibuprofen are often used to relive the discomfort caused by a high temperature.
- Some children, for example those with asthma, may not be able to take Ibuprofen so check with your pharmacist or doctor.
- Both Paracetamol and Ibuprofen are safe and effective. Always have one or both stored safely at home.
- Do not give both Paracetamol and Ibuprofen at the same time. If you have given one of these medicines and the symptoms are returning before the next dose is due, you can give a dose of the other medication.

Taking your child's temperature

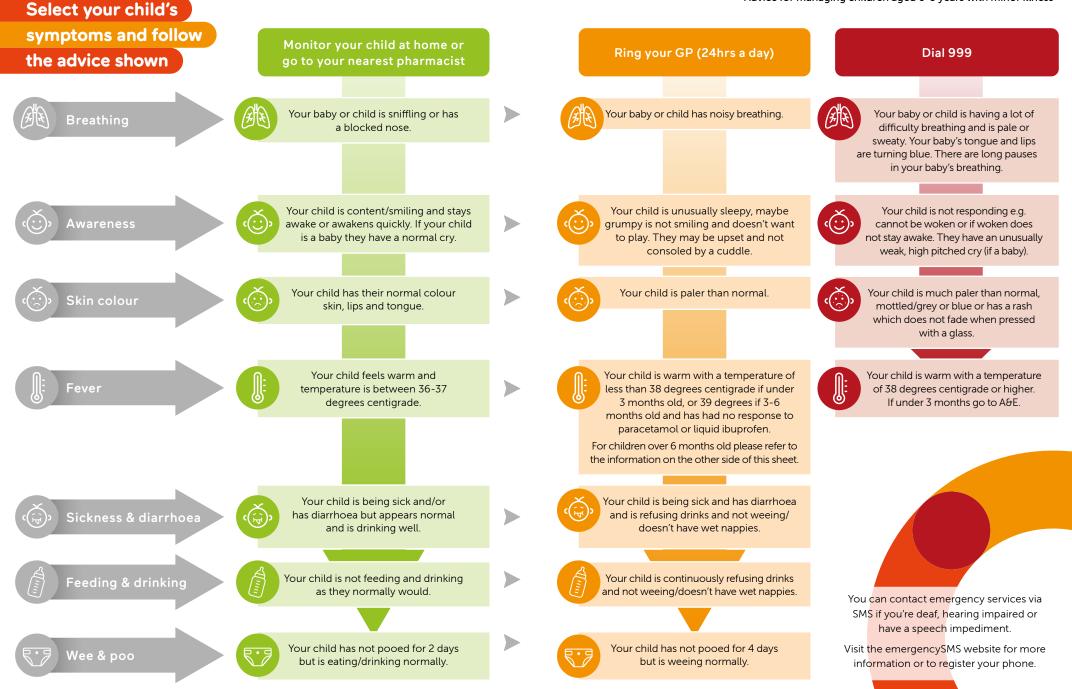
Ideally, to get a fast and accurate reading of your child's temperature, you need a digital thermometer. These are readily available from pharmacies and most large supermarkets.

To find out your child's temperature, hold them comfortably on your knee and place the thermometer under their armpit (always use the thermometer under the armpit with children under five). Gently but firmly hold their arm against their body to keep the thermometer in place, for the time stated in the manufacturer's instructions (usually about 15 seconds).

Some digital thermometers beep when they are ready. The display on the thermometer will then show you your child's temperature.

^{**}Please note if your child is older than 6 months a high temperature on its own does not indicate a serious illness. Please refer to other symptoms such as breathing and skin colour, as indicated on the reverse of this leaflet.

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How much Paracetamol (Calpol) (120mg/5ml) should I give my child?

Your Health Care Professional will tell you the best dose for your child but if in doubt follow the guidance below.

Age	Dose	F
3 – 5 months	2.5ml (oral syringe or measuring spoon)	
6 – 23 months	5ml (oral syringe or measuring spoon)	
2 – 3 years	7.5ml (oral syringe or measuring spoon)	
4 – 6 years	10ml (oral syringe or measuring spoon)	

Frequency

- Do not give more than 4 doses in any 24 hour period.
- Leave at least 4 hours between doses.
- Do not give this medicine to your child for more than 3 days without speaking to your doctor or pharmacist.

How much liquid Ibuprofen 100mg/5ml should I give my child?

Age	Dose	Frequency
3 – 5 months	2.5ml (oral syringe or measuring spoon)	3 times a day
6 – 11 months	2.5ml (oral syringe or measuring spoon)	3 times a day
1 – 3 years	5ml (oral syringe or measuring spoon)	3 times a day
4 – 6 years	7.5ml (oral syringe or measuring spoon)	3 times a day

Write down your GP Practice (24 hours) number:



Developed with Reference to NICE Guidance and Rotherham CCG and Rotherham NHS Foundation Truct Rotherham NHS Foundation Trust