

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

Professional advice/guidance

- Paracetamol and Ibuprofen are often used to relieve 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.

Select your child's symptoms and follow the advice shown

Monitor your child at home or go to your nearest pharmacist

Ring your GP (24hrs a day)

Dial 999



Breathing



Your baby or child is sniffing or has a blocked nose.



Your baby or child has noisy breathing.



Your baby or child is having a lot of difficulty breathing and is pale or sweaty. Your baby's tongue and lips are turning blue. There are long pauses in your baby's breathing.



Awareness



Your child is content/smiling and stays awake or awakens quickly. If your child is a baby they have a normal cry.



Your child is unusually sleepy, maybe grumpy is not smiling and doesn't want to play. They may be upset and not consoled by a cuddle.



Your child is not responding e.g. cannot be woken or if woken does not stay awake. They have an unusually weak, high pitched cry (if a baby).



Skin colour



Your child has their normal colour skin, lips and tongue.



Your child is paler than normal.



Your child is much paler than normal, mottled/grey or blue or has a rash which does not fade when pressed with a glass.



Fever



Your child feels warm and temperature is between 36-37 degrees centigrade.



Your child is warm with a temperature of less than 38 degrees centigrade if under 3 months old, or 39 degrees if 3-6 months old and has had no response to paracetamol or liquid ibuprofen.
For children over 6 months old please refer to the information on the other side of this sheet.



Your child is warm with a temperature of 38 degrees centigrade or higher. If under 3 months go to A&E.



Sickness & diarrhoea



Your child is being sick and/or has diarrhoea but appears normal and is drinking well.



Your child is being sick and has diarrhoea and is refusing drinks and not weeing/doesn't have wet nappies.



Feeding & drinking



Your child is not feeding and drinking as they normally would.



Your child is continuously refusing drinks and not weeing/doesn't have wet nappies.



Wee & poo



Your child has not pooped for 2 days but is eating/drinking normally.



Your child has not pooped for 4 days but is weeing normally.

You can contact emergency services via SMS if you're deaf, hearing impaired or have a speech impediment. Visit the emergencySMS website for more information or to register your phone.

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	Frequency
3 – 5 months	2.5ml (oral syringe or measuring spoon)	<ul style="list-style-type: none">• 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.
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)	

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:

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