

When Should you Worry?



RED

If your child has any of the following:

- Becomes pale, mottled and feels abnormally cold to touch
- Has blue lips
- Severe breathing difficulty - to breathless to talk or eat/drink
- Has a fit/ seizure
- Becomes extremely agitated (crying inconsolably despite distraction), confused or very lethargic (difficult to wake)
- Develops a rash that does not disappear with pressure (the 'Glass Test')
- Is under 3 months of age with a temperature of 38°C / 100.4°F or above (unless fever in the 48 hours following vaccinations and no other red or amber features)

You need urgent help.

Go to the nearest **Hospital Emergency (A&E) Department** or phone 999



AMBER

If your child has any of the following:

- Is finding it hard to breathe
- Seems dehydrated (sunken eyes, drowsy or not passed urine for 12 hours)
- Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) – especially if they remain drowsy or irritable despite their fever coming down
- Has extreme shivering or complains of muscle pain
- Swelling of a limb or joint
- Too painful for your child to stand
- Has a swollen eye
- Complaining of severe pain that is not improving with painkillers
- Is 3-6 months of age with a temperature of 39°C / 102.2°F or above (but fever is common in babies up to 2 days after they receive vaccinations)
- Continues to have a fever of 38.0°C or more for more than 5 days
- Is getting worse or if you are worried

You need to contact a doctor or nurse today.

Please ring your GP surgery or call NHS 111 - dial 111

We recognise that during the current COVID-19 crisis, at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a member of staff from your GP practice or to NHS 111 staff, recheck that your child has not developed any red features.



GREEN

If none of the above features are present

If your child has any other symptoms associated with their fever, such as **sore throat, cough, earache, diarrhoea and vomiting** or **tummy ache**, look for information about specific things to look out for

Additional advice is also available to young families for coping with crying of well babies

Self care

Continue providing your child's care at home. If you are still concerned about your child, speak to your health visitor, **local pharmacist** or call NHS 111– dial 111

If your child has any **symptoms suggestive of COVID-19** (high temperature; new continuous cough - coughing a lot, for more than an hour or 3 or more coughing episodes in 24 hours; or loss of taste/smell) then arrange for your child to be tested via the **NHS testing website** or by calling 119.