

Hello! This notice is about fevers in children. I will be giving you some tips on what you can do in the case of a fever, and when a child needs to see a doctor.

A child has a fever if their body temperature is above 38.5 degrees Celsius. And above 38 degrees Celsius if the child is less than 3 months old. Children with fevers will have red cheeks and a hot forehead. They will often also have a sniffle or other symptom. In most cases, however, fevers are not dangerous. They help the body get healthy again.

**Here are 5 tips you can use to help your child if they have a fever:**

1. Give your child lots of water and tea to drink. For newborns, give them breast milk or powdered milk.
2. Allow your child to sleep a lot.
3. Only put the child in light clothing. Don't cover them right up.
4. There are special fever medications available for children. Ask your pharmacist which medications are advisable for your child.
5. Give your child lots of attention. For example, read to them.

**Unsure whether to take your child to a doctor? Your child will need to see a doctor in the following 8 situations:**

1. The child has a fever and is less than 3 months old.
2. The fever has not improved after 4 days.
3. Medications are not bringing the fever down.
4. The child is very tired. They are not very responsive and are difficult to rouse.
5. The child is not drinking and is not wetting their nappies.
6. The child cannot bend their head forward or they react sensitively to touch.
7. The child has a rash with red dots that cannot be got rid of.
8. The child is having febrile seizures in which their muscles twitch and the child themselves is unconscious or their eyes have rolled back.

Not sure what to do? Ask the parent counselling service or at your paediatric medical centre. All addresses and telephone numbers can be found at [www.meinkindistkrank.ch](http://www.meinkindistkrank.ch)

I wish you and your child all the best!