

How to get help and advice

Top tips for a raised temperature in children

If your child has a raised temperature, here are some tips for reducing it:

1. Keep your child lightly dressed, even though your child may tell you they feel cold
2. In the instance of a younger child or if they are shivering do not cover them with blankets
3. Give paracetamol and ibuprofen (if advised) as instructed on the bottle. Do not give these medications at the same time, alternate them ensuring a few hours between each dose
4. If your child has a temperature that is responding to paracetamol and/or ibuprofen, you should continue to monitor them at home. Ensure they are drinking fluids and passing urine.

Temperature Ranges

Anything over 38 degrees centigrade is classed as a fever.

Babies under 3 months old with a temperature of 38C or above, need to be seen and reviewed by a medical professional.

Please see below QR code or website for advice for children over 3 months old.



High temperature (fever) in children

Source: www.nhs.uk

Production date: September 2022

Review date: September 2025

JR854 v1