

Worried your child is poorly?

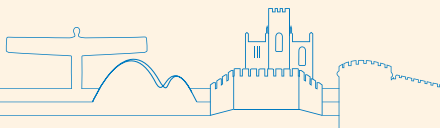
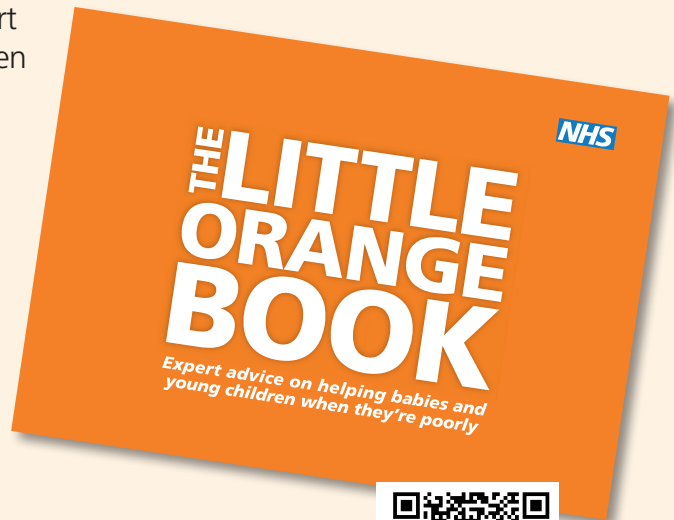


Remember - Check THE LITTLE ORANGE BOOK.

It's **FREE** and full of expert advice to help your children when they're poorly.

If you need to speak to a healthcare professional, remember you can:

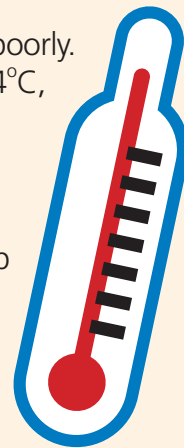
- See your pharmacist
- Contact your GP
- Call NHS 111
- Visit www.nhs.uk



Does your child have a high temperature?

A change in a child's temperature may be a sign they are poorly. A normal temperature in babies and children is about 36.4°C, but this can vary slightly. A high temperature or fever is usually considered to be a temperature of 38°C or above.

If you think your baby has a high temperature, it's best to check their temperature with a thermometer. This can help you work out whether you need to get medical advice.



How do I take my child's temperature?

To take your child's temperature:

1. Hold them comfortably on your knee and put the thermometer in their armpit – always use the thermometer in the armpit with children under 5 years.
2. Gently, but firmly, hold their arm against their body to keep the thermometer in place for however long it says in the manufacturer's instructions – usually about 15 seconds. Some digital thermometers beep when they're ready.
3. The display on the thermometer will then show your child's temperature.

You can usually look after your baby or child at home when they have a high temperature. Make sure you give them plenty of drinks, to avoid dehydration.

Always contact a GP or call NHS 111 if your child has other signs of illness, such as a rash, as well as a high temperature.

For further guidance on taking your child's temperature, scan the QR code or go to:

www.nhs.uk/conditions/baby/health/how-to-take-your-babys-temperature

