

TIPS FROM PAEDIATRICIANS

BØRNELÆGERNES
BØRNETIPS

FEVER

Most children experience having a fever. A fever is a temperature of 38 degrees Celsius or more. Fever itself is not an illness, but a natural sign that the body is reacting as it should when you are ill. In the vast majority of cases fever is caused by a viral infection, such as a cold, influenza, respiratory or stomach infection, and it will go away without treatment with antibiotics (penicillin, for example).

Advice:

- Make sure that you have proper contact with your child.
- Make sure that your child drinks plenty of fluids.
- Do not hesitate to give your child paracetamol (such as Panodil® Junior, Pinex®, Arax® Junior or Pamol®) if he or she is feeling unwell. Follow the instructions on the package.
- Wait a couple of hours to see whether what you have done is working.

Call your general practitioner in the daytime. After that, call the medical on-call service or the emergency helpline if your child:

- Is younger than six months
- Is lethargic or listless
- Has severe pain, seems agitated, uncomfortable or will not move
- Is not drinking much, and there are more hours than usual between urinating
- Has a fever that lasts longer than three days without getting better

Or if you just feel that things are going in the wrong direction, even though you have tried the advice in this guide.

Call 112 if your child:

- Has a fit (febrile seizures)
- Has a rash that does not fade when you press a glass against it
- Has a stiff neck and cannot bend his or her head forward
- Is lethargic and listless, and you have difficulty getting contact with your child. For example, if you cannot get eye contact.



You can also watch the “Tips from paediatricians” film about fever at:
www.boernelaegernesboernetips.dk

Scan the QR code and watch the film

