

# Discharge Advice for Carers of Children Younger Than 5 Years Who Have a Fever

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**We think that your child is well enough to go home now, but if they get worse (more unwell) or have the following symptoms then you should contact a doctor:**

Your child becomes difficult to rouse, pale or floppy

Your child is finding it hard to breathe or is grunting

Your child has a fit or convulsion

Your child develops a rash that does not disappear with pressure (see 'tumbler test' section)

You are concerned your child is dehydrated (see section below)

Your child has a high-pitched or continuous cry

Your child has a stiff neck or bulging fontanelle (the soft spot on baby's head)

Your child has a swollen joint or is not weight bearing



Read the instructions carefully as these medicines come in different strengths, and they may also be contained in other products that your pharmacist sells. If you have any doubt you should tell the pharmacist what you are currently using. Although both are very safe when used correctly, they may be harmful if too large a dose is given or if given too often.

## Rashes and the tumbler test



Photo courtesy of the Meningitis Research Foundation

Do the 'tumbler test' if your child has a rash. Press a glass tumbler firmly against the rash. If you can see the spots through the glass and they do not fade this is called a 'non-blanching rash'. If this rash is present seek medical advice immediately.

If the spots fade when the glass is rolled over them, the rash is probably not serious, but keep checking, it can develop into a rash that does not fade.

Rashes are harder to see on dark skin so look for rashes on paler areas, such as palms of the hands, soles of the feet, tummy and inside the eyelids.

If you are worried that your child's health is getting worse, seek further medical advice – do not wait for a rash to appear.

The Trust cannot accept any responsibility for the accuracy of the information given if the leaflet is not used by RD&E staff under taking procedures at the RD&E hospital.

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