# HIGH FEVER POLICY

We appreciate that as a working parent you need to be able to go to work, however, if your child is unwell then they will be better cared for in their own home with a parent. We are happy to care for children with minor coughs and colds but cannot care for children who are very unwell, infectious or running a high temperature, as we have a duty to consider the welfare of all children and staff at the setting.

## What is a high fever?

The NHS defines a fever as:

> 'A child is classed as having a fever if their temperature rises above 38°C
>
> If your child has a high temperature, they might:
> - feel hotter than usual when you touch their back or chest
> - feel sweaty
> - look or feel unwell
> - have a seizure or fit, called a febrile seizure'
>
> ***(High temperature (fever) in children - NHS (www.nhs.uHigh temperature (fever) in children - NHS (www.nhs.uk)k))***

## What to do if your child has a fever at home

If your child has a high temperature, you can usually look after them at home. The temperature should go down over 1 to 4 days.

Do

- give them plenty of fluids – if your baby is breastfed, continue to breastfeed as normal
- look out for signs of dehydration
- give them food if they want it
- check on your child regularly, including during the night
- keep them at home
- give them paracetamol or ibuprofen if they're distressed or uncomfortable – check the packaging or leaflet to make sure the medicine is suitable for your child, or speak to a pharmacist or GP if you're not sure
- get medical advice if you're worried about your child

Don't

- do not undress your child or sponge them down to cool them – a high temperature is a natural and healthy response to infection
- do not cover them up in too many clothes or bedclothes

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- do not give aspirin to children under 16 years of age
- do not combine ibuprofen and paracetamol, unless a GP tells you to
- do not give paracetamol to a child under 2 months
- do not give ibuprofen to a child who is under 3 months, weighs under 5kg, has chickenpox, or is dehydrated
- do not give ibuprofen to children with asthma unless it's been recommended by a doctor

***(https://www.nhs.uk/conditions/fever-in-children)***

**Can my child attend nursery after a fever?**

If your child has had a fever, we ask that they remain home for **24 hours after** the fever has gone down to ensure they are well enough to return.

**What happens if a child spikes a fever at the setting?**

Staff closely monitor the wellbeing of the children during the day and if they feel your child is not themselves and feeling unwell, or feel warm to touch, they will check their temperature using a digital basal thermometer under both arms. If your child's temperature reads close to 38°C, they will record it on Famly and send you a message to inform you that a fever may be on it way and ask whether you would like to collect early. They will make the child as comfortable as possible, give them plenty of fluids and monitor them closely. Their temperature will then be checked again after 30 minutes to ensure it has not continued to rise. If their temperature does increase above 38°C, a member of staff will contact you immediately and inform you that we will be administering Calpol, and that they will need to be collected. They will continue to care for your child until you or your emergency contact arrives.

**Teething and a high temperature**

At times, teething can cause a slight increase in a child's temperature, however this will not be above 38°C.

***(https://www.nhs.uk/conditions/baby/babys-development/teething/baby-teething-symptoms)***

If your child is teething, and their temperature is slightly elevated, we are happy to continue caring for them as usual. However, if their temperature goes above 38°C this will then be considered a fever and you will be asked to collect your child

**Fevers due to immunisations**

It is common for a child's temperature to rise after having immunisations. If your child has had their immunisations recently, the setting will still need to send them home if their temperature rises above 38°C, as this will mean they are feeling unwell and need 1:1 care, which the setting cannot provide. If

this fever has occurred within 24 hours of having their immunisations, we are happy to allow them to return the following day, as long as they are well enough in themselves and their fever has gone. If the child's temperature rises more than 24 hours after the immunisation, we are unable to assume this is definitely linked to the immunisation and therefore will need to enforce the 24hour exclusion rule.

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