# Fever Check Card

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## 1. Call emergency services now if a person with fever has

[ ] A stiff neck, severe headache, or sensitivity to light

[ ] A rash that does NOT fade when a clear glass is pressed firmly against it (the glass test)

[ ] A seizure, or is very hard to wake, confused, or (child) crying inconsolably or not moving a limb

[ ] Trouble breathing, or blue, grey or very pale lips, tongue or skin; unusually cold hands and feet

## 2. What counts as a fever (children, MedlinePlus)

| **Rectal** (most accurate for babies) | **Oral** | **Under the arm** | **Adults (NHS)** |
|---|---|---|---|
| 100.4°F / 38°C | 99.5°F / 37.5°C | 99°F / 37.2°C | 38°C / 100.4°F or above |

## 3. Call a doctor or nurse line the same day

| **Children** | **Adults** |
|---|---|
| [ ] Under 3 months: 100.4°F (38°C) or higher | [ ] Staying at or above 103°F (39.4°C) |
| [ ] 3 to 12 months: 102.2°F (39°C) or higher | [ ] Lasting more than 48-72 hours |
| [ ] Age 2 or under: fever over 24-48 hours | [ ] Coming and going for a week or more |
| [ ] Older child: fever over 48-72 hours | [ ] New rash or bruises, or pain when urinating |
| [ ] Rash, dehydration, not acting like themselves | [ ] Recent travel abroad |
| [ ] Recent vaccine, travel or a long-term condition | [ ] Weak immunity, or a serious long-term condition |

Fever during pregnancy: call your midwife or doctor. Worried for any reason: get advice.

## 4. Comfort care: do and don't

| **Do** | **Don't** |
|---|---|
| Offer fluids often; keep breastfeeding | Bundle up a hot person |
| Light clothing and bedding | Use cold baths, ice or alcohol rubs |
| Check on a child regularly, including at night | Undress or sponge a child to cool them (NHS) |
| Treat discomfort, not the number | Alternate medicines unless a professional advises |

## 5. Medicine age limits (always dose by the package or a pharmacist)

Acetaminophen (paracetamol): not under 2 months (NHS); 3 months or younger only with a doctor's approval.

Ibuprofen: not under 3 months or 5 kg (NHS); MedlinePlus says not at 6 months or younger. Avoid with chickenpox or dehydration.

Aspirin: never for children unless a doctor advises (NHS: not under 16). Fever medicine does not prevent febrile seizures (Cochrane 2021).

## 6. Fever log (bring it to the doctor)

| Date / time | Temperature | Where measured | Medicine given (time) | Drinking? Wet diapers? | How do they look? |
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No homeopathic remedy has been shown to treat fever or its causes (NHMRC 2015; NCCIH). This card contains no remedies or doses.