Appendix 3. Instructions concerning ambulatory monitoring of a febrile child to the parents

Madam, Sir,

Your child has been admitted to the pediatric emergency department because he/she has fever. Today, the examination by the emergency doctor is very reassuring and you can go home. It is important to monitor your child. It will be necessary to quickly consult if unusual signs appear.

Fever:

It is a normal and helpful reaction to an infection. This increase in temperature is not dangerous (fever does not trigger convulsions). The goal is not to lower the fever. Your child has fever if temperature exceeds 38°C. The most accurate measure is axillary (under the armpits, then adding + 0.5°C) or rectally (between the buttocks). It is necessary to avoid taking temperature on the forehead or in your young child’s ears.

The degree of fever is not important. The comfort of the child is the important point.

If your child is cranky, grumpy, sore, or crying easily, give him paracetamol at most once every 6 hours (according to the prescribed dose). If your child seems almost as usual, or if he is only tired, do not give paracetamol.

Good practices in case of fever:

- Discover your child
- Lower the temperature of the room to 18°C
- Offer to drink frequently, in small quantities, even at night
- Avoid giving your child a cold bath

Fever is not dangerous, but the disease that causes this fever can be:

Usually, the disease is due to a virus. Antibiotics are useless. Sometimes, the disease is due to a bacteria and can be serious and dangerous (pneumonia-meningitis-urinary tract infection ...). In this case, antibiotics are necessary.

The disease can occur after this admission. Monitor your child until the fever disappears. Take its temperature at least twice a day, until the fever disappears. Take the temperature before giving paracetamol.

Turn the sheet.
Here are the signs to watch for and the management according to their evolution in your child:

Does not answer, is very difficult to wake up, is confused
Becomes pale, blue or gray
Stops breathing, takes breaks or has major discomfort to breath
Has purplish or red spots on the skin that do not fade when pressed

Call the SAMU (15)

Does not react in the usual way, is very tired
Breathes too fast
Has repeated vomiting with drinks or foods, or green color of vomiting
Has significant diarrhea (more than 5 liquid stools daily)
Does not drink, do not urine or have dry diapers
Fever above 38.5 °C for more than 5 days

Quickly consult your doctor or emergency department

No signs of the 2 lists above
Is tired but keeps playing
Cries but remains consolable
Has a decreased appetite but keeps drinking and eating regularly

Follow the tips on this sheet

For more information:
https://www.has-sante.fr/portail/jcms/c_2674284/fr/prise-en-charge-de-la-fievre-chez-l-enfant
http://www.mpedia.fr/234-fievre.html
http://courlygones.rd-h.fr/fr/plaquettes/fievre.html