

Operation Ouch- Fever

Hello. Hello.

Hello.

Hello there!

Now, has anyone fiddled with the temperature in here? I'm absolutely boiling!

Chris? - Not me, I'm fine.

Ronx? - Not me, I'm all right.

Here, have this.

Thank you very much.

Dr Ronx's rather snazzy portable Ouch fan.

This is excellent.

Wait a minute, fan off. Now, I'm feeling absolutely freezing. What's going on?

Fever alert.

Xand, it sounds like you have a fever.

Here, take your temperature.

Thanks, Chris.

Having a fever is very common and rarely anything serious.

You should take your temperature with a thermometer and one that goes in the ear is best because they give the most accurate readings.

Xand, what's your temperature?

Well, it says 38.2.

That is a little bit higher than it should be. A normal temperature, if you're a child, is around 36.6. But if yours is higher than that, don't worry. It doesn't mean you have to go straight to hospital.

In fact, your behaviour and how you're feeling are just as important as the temperature itself.

That's right.

Do you feel like playing or doing an activity that you normally enjoy? Because if so, just carry on, drink lots of fluids and check your temperature again in half an hour.

Grown up alert!

Now listen, if your child is distressed or not behaving normally, it's probably a good idea to give them paracetamol or ibuprofen. Never both at the same time and always check the packet for the correct dose for your child's age.

And, parents or guardians, are you still listening?

If your child is under the age of six months and they have a fever, you should always seek medical advice.

Now, Xand, how are you feeling?

Would you like a nice glass of squash?

Thank you, Chris.

Actually, I'm feeling much better now, which is great news.

Does anyone fancy a game of pin the tail on Mr Grumbles?

No.

Anyone?

Remember if you're ever concerned, dial 111 for medical advice, or call 999 in an emergency.