

Does your child have a temperature of 38°C and experiencing one or more of these symptoms?

YES

NOT SURE

NO

- 1 Unconscious
- 2 Floppy, limp, or not moving
- 3 Trouble breathing
- 4 Seizure
- 5 Change in skin colour

- 1 Stiff neck
- 2 Light hurting their eyes
- 3 Lethargic
- 4 Severe pain that doesn't go away
- 5 Soft spot on head bulging or sunken
- 6 Non-blanching rash
- 7 Fever + < 3 months
- 8 Severe dehydration

- 1 Less wet nappies
- 2 Not drinking as much
- 3 Vomiting
- 4 Symptoms last more than 48 hours

Consider contacting these resources

- 1 Contact Nurse On Call
- 2 HealthDirect symptom checker
- 3 Virtual ED
- 4 Priority Primary Care Centres

Care at home and continue to monitor

How to care at home:

- 1 Keep fluids up
- 2 Give pain relief if they need it
- 3 Dress them comfortably
- 4 Encourage lots of rest
- 5 Warm water sponge for comfort

Book a GP appointment

Call an Ambulance

Consider calling an ambulance OR go to immediately ED

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This guide was created for informational purposes only and is not a substitute for professional medical advice. Always seek advice from your doctor or healthcare provider if you have concerns. Do not disregard the advice of a medical professional or delay seeking attention based on this content. If you believe someone needs medical assistance, do not delay seeking it. In case of emergency, contact your doctor, visit the nearest emergency department, or call Triple Zero (000) immediately.

Learn how to confidently and calmly manage sickness in your child with our Surviving Sickness Online Course.

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