

Professional Advice/Guidance

Useful Telephone Numbers

My GP Practice (24 hrs)



NHS 111 (24 Hrs)

How much paracetamol (Calpol) (120mg/5ml) should I give my child?
The GP will tell you the best dose for your child but if in doubt follow the guidance below

Taking your child's temperature

AGE	DOSE	FREQUENCY
3 – 6 months	2.5 ml (oral syringe/ or measuring spoon)	<ul style="list-style-type: none"> Do not give more than 4 doses in any 24-hour period. Leave at least 4 hours between doses. Do not give this medicine to your child for more than 3 days without speaking to your doctor or pharmacist
6 – 24 months	5 ml (oral syringe or measuring spoon)	
2 – 4 years	7.5 ml (oral syringe or measuring spoon)	
4 – 6 years	10 ml (oral syringe or measuring spoon)	

Ideally, to get a fast and accurate reading of your child's temperature, you need a digital thermometer. These are readily available from pharmacies and most large supermarkets.

To find out your child's temperature, hold them comfortably on your knee and place the thermometer under their armpit (always use the thermometer under the armpit with children under five). Gently but firmly hold their arm against their body to keep the thermometer in place, for the time stated in the manufacturer's instructions (usually about 15 seconds).

Some digital thermometers beep when they are ready. The display on the thermometer will then show you your child's temperature.

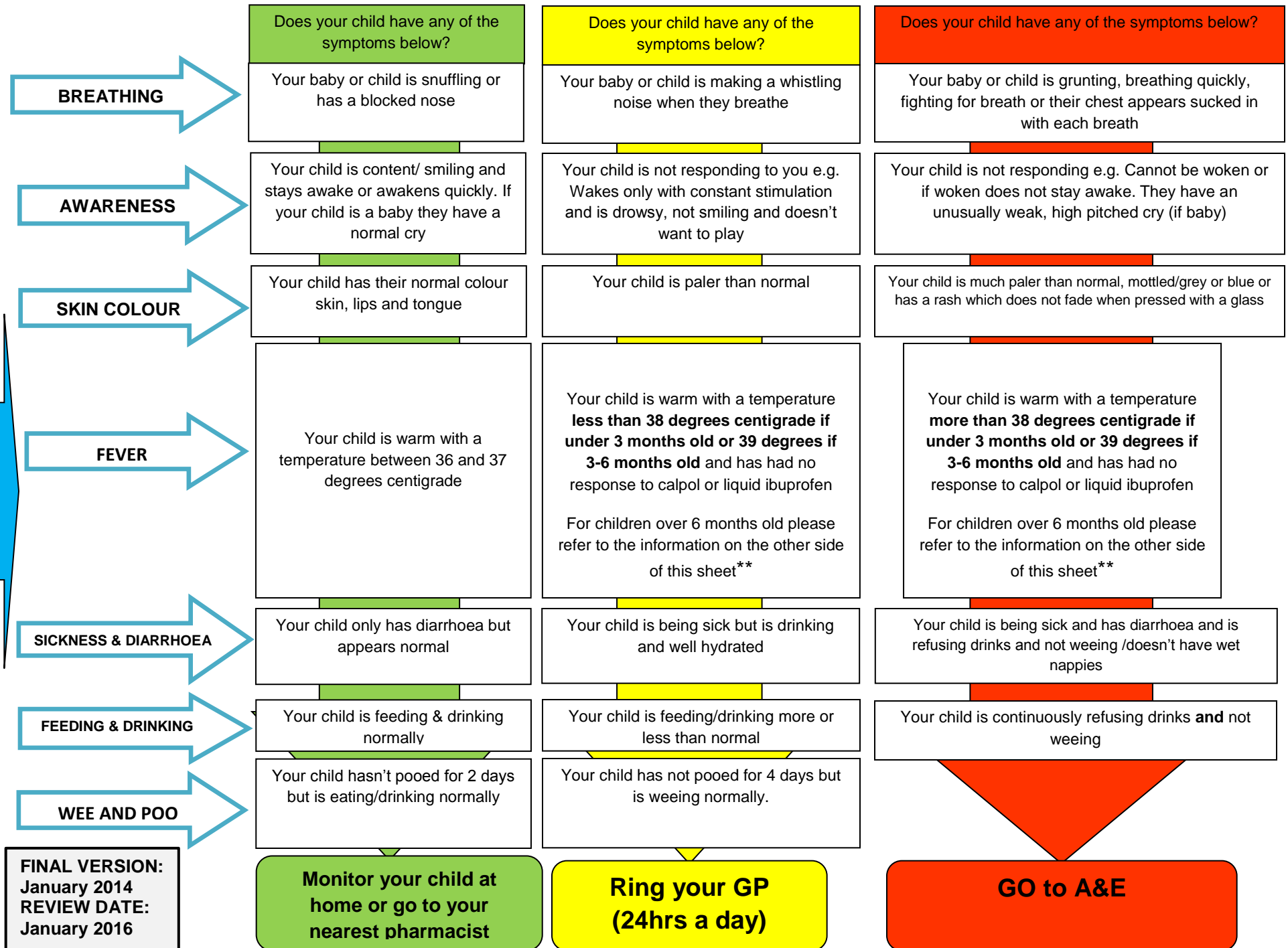
**Please note if your child is older than 6 months a high temperature on its own does not indicate a serious illness. Please refer to other symptoms such as breathing, skin colour as indicated on the reverse of this leaflet.

How much liquid ibuprofen 100mg/5ml should I give my child?

AGE	DOSE	FREQUENCY
3 – 6 months	2.5 ml (oral syringe or measuring spoon)	3 times a day (do not use more often than 24 hours)
6 – 12 months	2.5ml (oral syringe or measuring spoon)	3 times a day
1 - 2 years	2.5ml (oral syringe or measuring spoon)	3 or 4 times a day
3 – 7 years	5ml (oral syringe or measuring spoon)	3 or 4 times a day

ADVICE FOR MANAGING CHILDEN AGED 0-5yrs WITH MINOR ILLNESS

SELECT YOUR CHILDS SYMPTOMS AND FOLLOW THE ADVICE SHOWN



FINAL VERSION:
January 2014
REVIEW DATE:
January 2016