

7.11 (b) Action Plan for High Temperature Policy

Policy number: 7.11(b)
Date last reviewed: June 2024
Reviewed by: Chid Care Team

This policy relates to	
National Quality Standards Early Childhood Education & Care	2.1 Each child’s health and physical activity is supported and promoted. 2.1.2 Effective illness and injury management and hygiene practices are promoted and implemented.
Refer to form High Temperature Record	

Purpose

High temperatures are a signal that a child is unwell. Educators will implement cooling down procedures for children who have fevers and if no response will arrange collection from care.

Policy

Key things to remember about fever:

- The normal temperature for a child is up to 38 degrees;
- Fevers are common in children; however a rapid fever can become serious quickly.
- If the child is less than 3 months old and has a fever above 38 degrees, contact the parents and ask them to collect the child and recommend seeing a doctor;
- If the child is unhappy, showing other symptoms of being unwell contact the parent to collect them;
- Give the child clear fluids. Watch the child and monitor how they are feeling;
- If a child has a fever, ensure they drink plenty of fluids and are not overdressed.

Avoid cold-water sponging that make the child shiver. If sponging makes the child feel more comfortable, use lukewarm water. Do not rapidly cool the child in a bath or air con it could cause shock to the child.

In some cases, a child may have febrile convulsions, which are physical seizures caused by the fever. They usually last only a few seconds or minutes but can be serious. An educator should call an ambulance in any situation that they are concerned for the wellbeing of the child and contact the parents and service immediately. Ensure that the child is in a safe space and has an open airway during a convulsion.

A child who becomes ill in care with a high temperature may only be given one single dose of paracetamol when a signed Health Plan is in place and after cooling down procedures have been followed and the temperature has not decreased. If an ambulance has been called the educator would follow their instructions. Parents need to be contacted to **arrange immediate collection** of the child as the temperature is a sign of the child being unwell. The service should also be contacted.

Some studies show that giving medication to reduce the fever can actually slow down the body's immune response to infection. Focus should be on the way the child looks and behaves, their level of alertness, and whether there are any other symptoms that indicate serious infection, such as vomiting, coughing rashes, or convulsions.

The educator should contact the parent to arrange for the child to be collected immediately if the child's temperature rises to 40 degrees or the child shows any other symptoms including:

- A rash or blotchy skin;
- Vomiting;
- Diarrhoea;
- Cold hands and feet despite the fever;
- Will not drink.
- Very hot to touch
- Cooling down is not assisting the temperature to decrease

If there is deterioration in the child's wellbeing an ambulance should be called, do not hesitate. Parents and the service should be contacted. Coordinators may assist in contacting the parents or providing backup at the home.

As fever in infants may indicate a more serious underlying problem, it is recommended that all infants under 12 months be seen by a doctor if they have a fever or appear unwell.

If the child has displayed other symptoms and the educator is concerned about the child being contagious a clearance letter from the doctor can be requested prior to the child returning to care.

It is best practice to have this discussion with the parent when they collect their child from care so they understand what is expected prior to returning to care.

**** It is not acceptable to assume a child has a high temperature due to teething- the child is still unwell, cooling down process needs to occur and parents to collect child from care.**

Relevant Legislation

Education and Care Services National Law Act 2010 Section 167
Education and Care Services National Regulations 2011 92-96,178,181-184 National
Quality Framework 2011

Key Resources

The Royal Children's Hospital, Melbourne: Childcare and Children's Health Vol 11 No 2
(June 2008) *Fever in Babies and Children*

www.rch.org.au/emplibrary/ecconnections/CCH_Vol_11_No2_June_2008.pdf

www.rch.org.au/kidsinfo/factsheets.cfm?doc_id=5200

National Health and Medical Research Council: (2006) *Staying Healthy in Child Care
Preventing Infectious Diseases in Child Care 4th Edition*

www.nhmrc.gov.au/

www.nhmrc.gov.au/guidelines/publications/ch43

www.nhmrc.gov.au/guidelines/publications/subject/General%20Health%20Information

13Health

www.health.qld.gov.au/13health/

http://access.health.qld.gov.au/hid/ChildHealth/InfectionsandParasites/fever_is.asp

Child and Youth Health

www.cyh.com/

Raising Children Network

http://raisingchildren.net.au/articles/fever_a.html

Supporting Documents

High Temperature Record

Health Care Plan