

Infection

- It is important for your child to drink fluids, preferably things that have sugar/energy in them. For example juice or cordial.
- It is not necessary for your child to eat food while they have an infection. Fever often reduces appetite.
- Ice cream, yoghurt, and *välling* are usually easy to get kids to eat and are energy dense.
- If your child wees/pees twice a day, you know that they are getting enough fluids.
- It is normal for your child to sleep more than usual, or be tired during the day and only play a little when they have a fever.
- If your child is affected by their fever, you can give them paracetamol first and add ibuprofen if they don't start to feel better.
- When children have a high fever, it's normal that they have a high pulse and breathe rapidly.

Come back to the emergency department if your child doesn't pee/wee twice per day, is significantly more tired or their condition has worsened.

Children's emergency department

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