

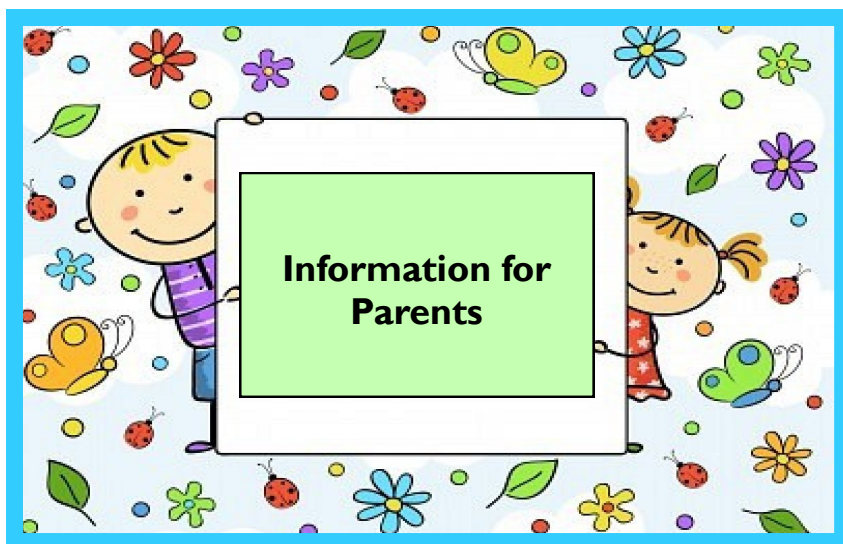
# If your child has a viral infection

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Chesterfield Royal Hospital  
NHS Foundation Trust





Your child is recovering from a viral infection. This is an infection caused by a virus and is very common in children.

The illness usually lasts just a few days, but during that time your child may have a temperature and be generally unwell with a variety of symptoms including aches and pains, loss of appetite and a skin rash.

### **How can I help recovery?**

Give paracetamol (or a similar medicine) to relieve aches and pains and to help bring the temperature down. Follow the recommended dose on the bottle for your child's age.

Offer extra drinks to replace body fluids lost through high temperature and sweating.

Keep your child cool with light clothes and bedding.

Don't worry too much about loss of appetite for a few days. This is quite normal. As long as your child is drinking well, it will not do any harm.

### **What about treatment?**

The doctor will not normally give your child antibiotics, as the symptoms are caused by a virus which cannot be cured by this type of medicine. Also, some antibiotics can cause diarrhoea. However, if there are signs of bacterial infection, the doctor may prescribe antibiotics.

The doctor may prescribe paracetamol or ibuprofen to help bring your child's temperature down. Your nurse will explain how to give this and will write any special instructions for you to follow at home in the space below.

### **When will my child be better?**

After a few days your child should have fully recovered. However if you are worried that your child is no better, go back to your family doctor as soon as possible, or ask your Health Visitor for advice. It is possible to get a bacterial infection whilst you are ill with a viral infection so let them know if things change.

**This booklet will not answer all your questions or give all the information you would like, so please ask questions as professionals are always willing to help. You can contact your child's consultant paediatrician via their secretary, or Nightingale Ward:**

**Telephone 01246 512324 or  
01246 512328**

**If your child has a viral infection  
Version 2**

**Review date:** March 2015

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**Division:** Women's & Children's