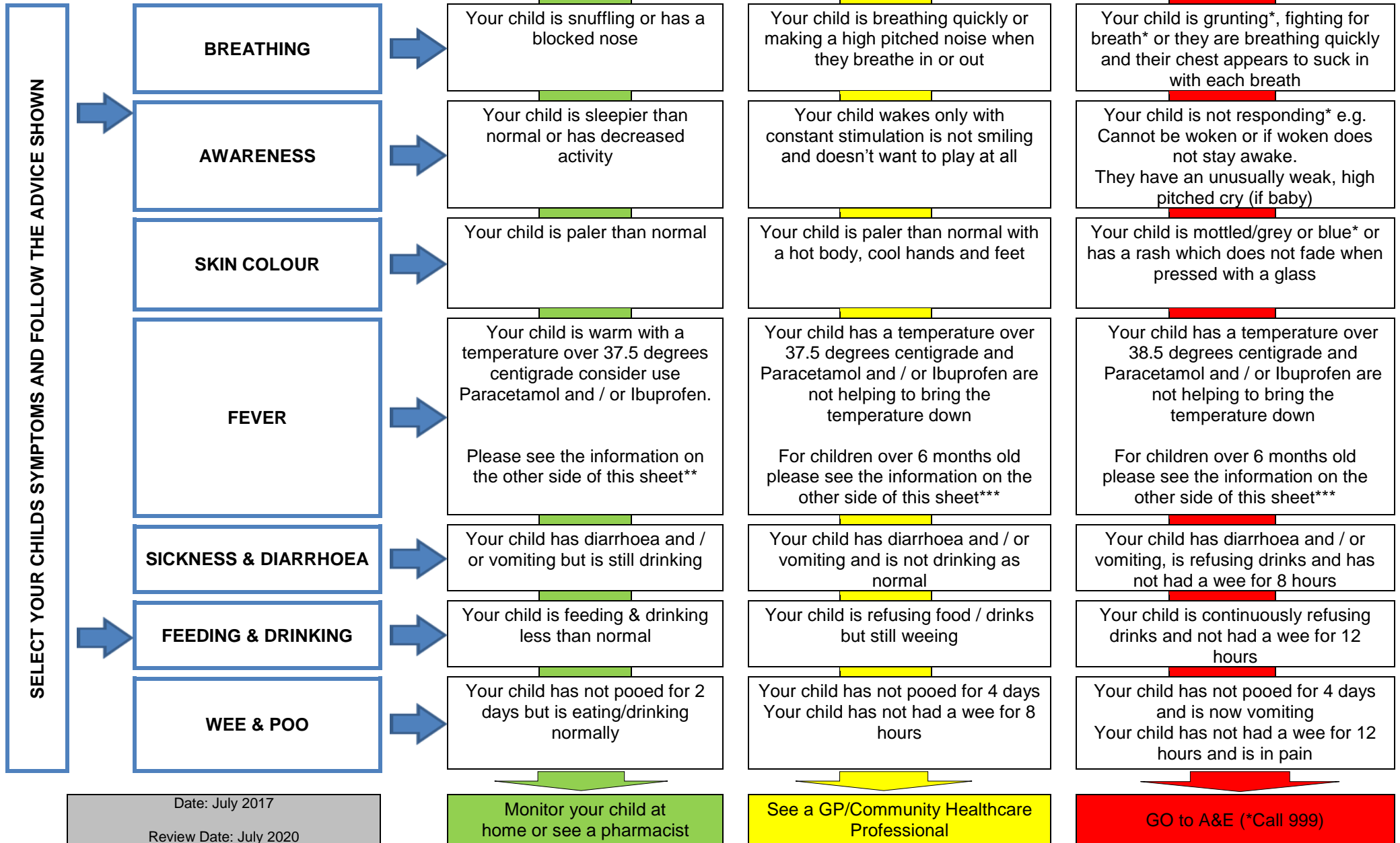


Illness Advice Sheet for Children aged 0-5 years



Date: July 2017
Review Date: July 2020

Paracetamol & Ibuprofen can be given together for a child's temperature and pain

The information below on Paracetamol and Ibuprofen doses is a guide - please read and follow the instructions on the bottle or seek advice from a healthcare professional or a pharmacist

Please seek advice from a healthcare professional or pharmacist for doses of Paracetamol and Ibuprofen for children under 3 months old

****How much Paracetamol should I give my child?**

Age	Dose	Dose in mls	Frequency and Information
3-6 months	60 mg	2.5ml of 120mg/5ml	<ul style="list-style-type: none"> • 4-6 hourly • Maximum 4 doses per day • Do not give this medication to your child for more than 3 days without speaking to a doctor or pharmacist
6-24 months	120 mg	5ml of 120mg/5ml	
2-4 years	180 mg	7.5ml of 120mg/5ml	
4-6 years	240 mg	10ml of 120mg/5ml	
6-8 years	250 mg	5ml of 250mg/5ml	
8-10 years	375 mg	7.5ml of 250mg/5ml	

****How much Ibuprofen should I give my child?**

Age	Dose	Dose in mls	Frequency and Information
3-12 months	50 mg	2.5mls of 100mg/5ml	<ul style="list-style-type: none"> • 6-8 hourly • Maximum 3 doses per day if under 3 years and 3-4 doses if over 3 years • Do not give Ibuprofen to a child with chickenpox
1-3 years	100 mg	5mls of 100mg/5ml	
3-7 years	150 mg	7.5mls of 100mg/5ml	
7-10 years	200 mg	10mls of 100mg/5ml	

Paracetamol and Ibuprofen dosages based on BNF for Children 2016-2017 recommendations

Further information and Advice

www.nhs.co.uk/conditions

www.patient.co.uk

www.rotherhamccq.nhs.uk/rightcare-firsttime.htm

NHS 111

Local or Out of Hours GP service

Local Pharmacist

*****Temperature**

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 shown on the reverse of this leaflet.

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 supermarkets.

Re-check temperature 1-2 hours after having Paracetamol and / or Ibuprofen to see if the medicine has worked in bringing the temperature down