

BABY FEVER DECISION TREE

A SIMPLE GUIDE TO FEVER & WHEN TO GET HELP
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IS THE TEMPERATURE 37.5°C OR HIGHER?

NO

NOT CURRENTLY A FEVER

Don't read the number alone. Monitor how your baby looks, feeds, breathes and responds. Follow the urgent pathway if warning signs appear.

YES

CHECK YOUR BABY'S AGE

UNDER 3 MONTHS + 38°C

Contact a doctor even if your baby seems well.

3 TO 6 MONTHS + 39°C

Contact a doctor promptly for clinical advice and assessment.

URGENT EMERGENCY SIGNS

- Struggling to breathe, grunting, pauses or chest pulling in deeply
- Blue, grey, very pale or unusually blotchy skin
- Floppy, unresponsive, confused or very difficult to wake
- A seizure
- A stiff neck or bulging soft spot
- A red or purple rash that does not fade when pressed
- Severe dehydration or unable to keep fluids down

YES TO ANY

Get urgent medical help. Do not wait to see whether fever medicine lowers the temperature.

TODAY CONTACT A DOCTOR

- Feeding much less than usual or repeatedly vomiting
- Noticeably fewer wet nappies, dry mouth or no tears
- Unusually sleepy, persistently irritable or difficult to settle
- Breathing faster than usual or working harder to breathe
- Getting worse, not improving, or fever lasting more than 48h
- Your baby is not behaving normally or you remain worried

YES TO ANY

Contact your doctor or clinic today. You do not need to identify the cause before asking for help.

HOME CARE AND MONITOR

If your baby is alert, breathing comfortably, taking fluids and still having wet nappies:

- Offer breastmilk, formula or appropriate fluids frequently
- Use suitable fever medication for discomfort, following the exact age- and weight-based product instructions. Give the medication at least an hour to work.
- Dress them in light, comfortable clothing, cool the environment with for example a fan.
- Avoid cold baths, ice and alcohol rubs
- Check your baby regularly, including at night

NOT SURE?

Trust your instincts and contact a healthcare professional for advice.

BE READY BEFORE THE NEXT FEVER

Mamakit gives you essential baby-care medications and clear medication guidance, all in one practical kit.

MORE GUIDANCE FOR THE “WHAT NOW?” MOMENTS

Clear, nurse-written guidance for common illnesses, medication and first aid.

[BABY CARE GUIDE](#)

Prefer everything prepacked?
Choose a kit with baby care essentials, medication and clear guidance included.

[BABY CARE KIT](#)

