



Virus advice for parents and carers in Sheffield

15 March 2016

There is currently a virus in Sheffield that is making some children feel slightly poorly.

It can be worrying for parents and carers but it isn't serious and can be managed safely at home.

Symptoms

- fever (high temperature)
- sore throat
- cough
- vomiting
- ear ache

Aside from these symptoms, children with the virus are generally like their usual selves.

How to deal with the virus

To help your child get better make sure they have lots to drink and give them ibuprofen or paracetamol to get their temperature down (follow the instructions on the packet).

Our leaflets '[advice for the management of the feverish child](#)' (PDF) and '[diarrhoea and vomiting](#)' (PDF) give further guidance.

When to seek medical advice

These symptoms can be signs of other more serious illnesses so it's important to get further advice in any of the following circumstances:

- your child has a fit
- your child develops a rash which does not disappear under the pressure of a glass
- you feel your child is getting worse
- the fever lasts more than five days
- your child shows signs of dehydration
- you are worried that you cannot look after your child
- your child is under three months old

The Sheffield CCG website has lots of information about the [best ways to seek medical advice](#).