

What's a normal temperature?

A normal temperature is around 37C (98.6F), although it depends on:

- the person
- their age
- what they've been doing
- the time of day
- which part of the body you take the temperature from

A fever (high temperature) is a temperature of 38C (100.4F) or over. However, in children under five, a fever is a temperature of over 37.5C (99.5F).

What is a fever (high temperature) in children?

As a general rule a temperature of over 37.5 (99.5F) is a fever.

You can use a thermometer to find out if your child has a fever. For more information, see [How do I take someone's temperature?](#)

Causes of fever

Most fevers are caused by an infection or other illness.

Fever helps your body fight infections by stimulating the body's natural defences. By increasing the body's temperature, a fever makes it harder for the bacteria and viruses that cause infections to survive.

Conditions that can cause fever include many viral infections such as flu and chickenpox and, if the child has not been fully immunised, measles and mumps.

Fevers can also be caused by:

- [ear infections](#)
- [tonsillitis](#)
- kidney or [urinary infections](#)