



Febrile Convulsions – with Fever

Advice for Parents

Your child has had a febrile convulsion.

What Is A Febrile Convulsion?

A convulsion is when a child becomes unconscious and usually stiff; they roll their eyes back and sometimes have jerking of the arms and legs.

A febrile convulsion is a type of fit caused by a raised temperature (fever) in a child usually aged between six months and six years old.

Febrile convulsions are very common: at least one child out of 25 will have one or more. You should start cooling measures as soon as you think your child has a fever as this may prevent the fever rising high enough to cause a convulsion.

DO CHECK YOUR CHILD DURING THE NIGHT IF THEY ARE UNWELL.

What Should I Do If My Child Has Another Convulsion?

- **Do** lie your child on their side on the floor to prevent them falling off furniture and to help maintain their airway.
- **Do** clear the surrounding area of dangers.
- **Do** make a note of the time.

A fit usually stops within two minutes. Your child may be drowsy afterwards and should be seen by your GP.

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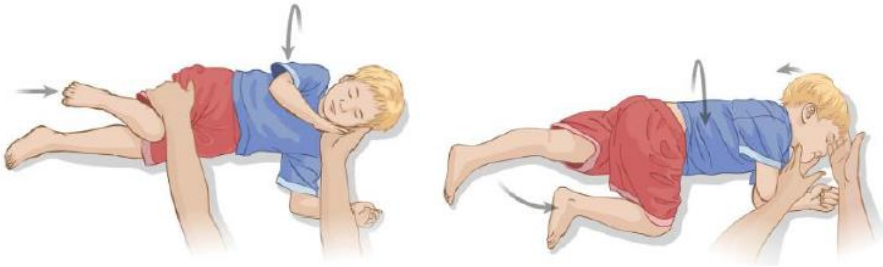


Image 1: Moving a child into the recovery position

Courtesy of www.aboutkidshealth.ca
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**IF YOUR CHILD IS STILL FITTING AFTER FIVE MINUTES
CALL 999 FOR AN AMBULANCE.**

- **Do not try** to put anything in his / her mouth.
- **Do not try** to restrain his / her arms or legs.
- **Do not slap** or shake your child to try and bring them around.

What Brings On Febrile Convulsions?

Any illness that causes a fever. Most often this is a cold or other viral infection.

Is It Epilepsy?

No. Epilepsy is a fit without a high temperature, usually in older children or adults. Febrile convulsions rarely lead to epilepsy.

Does My Child Suffer Pain During A Convulsion?

No. Your child is unconscious and unaware of what is happening. Your child may be sleepy or slightly confused following the fit.

How Do I Know If My Child Has A Fever?

- Your child may feel hot to touch on their body or on the back of the neck. Their hands or feet may be pale and feel cold.



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- Your child may be sleeping or lethargic and may be refusing to eat and drink.
- Your child's temperature may be above 38°C (100.5°F).
- We would recommend you use a thermometer to measure their temperature.
- Do not use oral, rectal or forehead thermometers.

What Shall I Do If My Child Has A Fever?

- Do not over or under dress your child.
- Give a dose of Paracetamol elixir (e.g. Calpol) or Ibuprofen. Do not give both.
- Give your child plenty of fluids.
- If you have a fan, turn it on in the same room but do not direct it straight onto your child.

Tepid Sponging Is Not Recommended.

Arrange for your GP to see your child to help find the reason for the fever. Your child will not usually need antibiotics as most fevers are due to viral infections.

- Seek **immediate** help from your GP or Emergency Department or 999 if a non-blanching rash is present and / or you feel your child's health is getting worse.
- Seek **immediate** help if there are any of the following signs as well:
 - Dry mouth
 - Sunken eyes
 - Poor overall appearance
 - Sunken fontanel (soft spot – babies)

Please retain this leaflet for future reference.



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For further advice or information you can telephone your local Minor Injury Unit (MIU):

Chippenham Community Hospital

Rowden Hill
Chippenham
SN15 2AJ

Tel: 01249 456 403/4

Open: 07:00 to 23:00; seven days a week

Trowbridge Community Hospital

Adcroft Street
Trowbridge
BA14 8PH

Tel: 01225 711 329

Open: 07:00 to 23:00; seven days a week

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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