

Febrile Convulsions

Emergency Department

Information for parents

This leaflet is designed to give you information about febrile convulsions and help you answer some of the common questions you may have.

What is a febrile convulsion?

It is when children have a fit with a high temperature. It is a common medical problem for children between the ages of 6 months to 6 years.

What causes a febrile convulsion?

Any illness that causes a high temperature can cause a febrile convulsion. These can be colds, ear infections, tonsillitis etc.

As children's brains are still developing, high temperature can disturb their normal brain activity and cause a convulsion.

What happens during a convulsion?

The child may:

- Become stiff or floppy
- Become unconscious
- Develop jerking or twitching
- Appear to have difficulty in breathing.

Most febrile convulsions last less than 5 minutes and stop on their own.

What happens afterwards?

It is common for children to be sleepy after the convulsion as the brain needs time to recover.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- **Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available**
- **If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111**
- **Keep the environment clean and tidy**
- **Let's work together to keep infections out of our hospitals and care homes.**

What should I do if my child has a convulsion?

Remember, most febrile convulsions stop on their own within seconds or minutes. Important things for parents to do:

- Stay calm
- Note the time it started
- Lay them on their side with the head tilted back slightly (recovery position)
- Loosen tight clothing and remove any objects that may cause harm
- Arrange to have your child reviewed by a clinical practitioner after a fit to determine what caused the fever
- Call 999 if the fit lasts more than 5 minutes OR your child has another fit after the first one has stopped
- Do not try to restrain your child during the fit or put anything in their mouth.

What can I do to prevent my child from having a febrile convulsion?

It is almost impossible to prevent your child from having feverish illnesses. Simple measures you can take are to bring the temperature down:

- Ensure the room is well ventilated
- Remove any warm clothing
- Encourage your child to drink lots of cool fluids
- Give paracetamol or ibuprofen as directed on the bottle
- Take your child to your GP if fever persists.

Is my child at risk of having convulsions in the future?

- 3 in 10 children will have another febrile convulsion especially if they are less than 1 year old
- Your child is no more likely to develop epilepsy than those who have not had febrile convulsions
- There is no evidence of "brain damage" from febrile convulsions.

Further Information

For non-emergency health care advice, see your GP or ring 111.

For emergencies, ring 999.

To find your local health care services, including out of hours pharmacies and urgent care centres, visit www.nhs.uk.

Local health care services in Wolverhampton include:

The Phoenix Health Centre (Urgent Care Centre)

Parkfield Road

Parkfields

Wolverhampton

West Midlands

WV46ED.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。