

Further information can be obtained from:

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's A&E, Lister Hospital	01438 284333
Children's Minor Injuries Unit, QEII Hospital, Welwyn Garden City (08:00 - 20.00)	01707 224254
Minor Injuries Unit (Adult and Children) QEII Hospital, Welwyn Garden City (20:00 - 08.00)	01707 224101
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01707 225048
Patient Advice and Liaison Service	01438 285811

Reference

NICE 2013 Feverish Child under 5 years

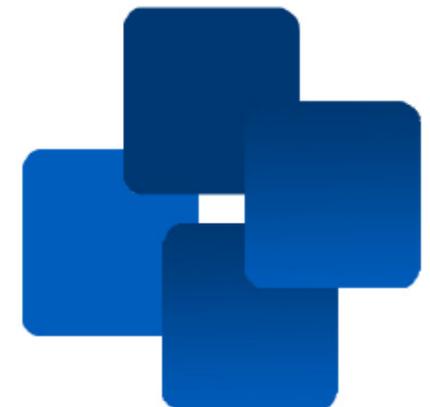
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Febrile Convulsion

Child Health Patient Information Leaflet



What is a febrile convulsion?

A febrile convulsion is a fit that can happen when a child has a fever.

Febrile convulsions are also sometimes called febrile seizures. They are relatively common and, in most cases, aren't serious.

Around 1 in 20 children will have at least one febrile seizure at some point. They most often occur between the ages of six months and three years.

Symptoms

Your child may look hot and flushed, because of their high temperature, but appear dazed or confused and then become unconscious. Their eyes may appear to roll backwards and arms and legs become floppy or stiff and your child might even stop breathing for a few seconds. Parts of their body may twitch or shake. Some children may wet themselves.

It may only last a few seconds or, sometimes, up to a few minutes. Most febrile convulsions last for less than five minutes.

Your child will regain consciousness, but may still be confused or upset and then sleep for a few hours.

Causes

'Febrile' means related to fever (high temperature) and fever can happen as a result of any illness that causes a high temperature over 38°C.

Most febrile convulsions are caused by the rapid rise in a child's body temperature at the start of a common illness, such as cough, cold or other viral infection.

The convulsions occur because the electrical system in a young child's brain has not matured enough to cope with the stress of a high temperature.

Some children have a lower threshold to having a convulsion and the statistics show that it is more likely to happen if there is a family history of febrile convulsion.

Treatment and Medication

It is important to keep your child cool whenever they have a feverish illness. Keep them in a cool well ventilated environment. This makes them feel more comfortable

If your child appears hot and unwell, keep them dressed in a light layer of clothing, make sure they have plenty of cool drinks and try to get them to rest.

Paracetamol (Calpol), can be given if your child appears to be unwell with a temperature. Ibuprofen can also be given but it is not advisable to give both together. Alternate and check timings of doses.

If your child has another febrile convulsion, aim to stop him/her from hurting themselves during the seizure, by placing him/her on their side. Stay with your child, but do not try to hold them down. Loosen tight clothing and try to stay calm!

Call an ambulance if the convulsion lasts five minutes or longer than five minutes, or if your child has breathing difficulties.