



**Countess of
Chester Hospital**
NHS Foundation Trust

Febrile Convulsion

Information for parents and carers



What is a febrile convulsion?

A febrile convulsion is a fit that occurs in a young child with a fever. Most febrile convulsions occur with common childhood illnesses.

About 4 in 100 children may have a febrile convulsion. They are common in children between the ages of 6 months and 5 years and most occur between 18 months and 3 years.

Although the convulsion is frightening to watch, the majority are not serious and do not cause harm to your child.

What happens to a child during a fit?

- Loss of consciousness
- Stiffening of the body and jerking or twitching of their arms and legs
- Eyes rolling back and going red or blue in the face.

After the fit stops your child will regain consciousness but may be sleepy or irritable for up to an hour.

What should I do if my child has a fit?

- Try and stay calm
- Note the time the fit started
- Place your child on their side in a clear space on the floor
- Do not try to put anything in your child's mouth.

Stay with your child until the fit stops - most fits usually last a few minutes. If it is your child's first fit call for an ambulance or take them to the nearest hospital. If the fit lasts longer than 5 minutes dial 999 for an ambulance.

Will it happen again?

In 3 out of 10 children a second fit may occur in the same or future illnesses. The risk decreases as they get older.

Are febrile convulsions harmful to my child?

There is no evidence that simple febrile convulsions cause any lasting harm or damage to the brain. Febrile convulsions are not the same as epilepsy. Children who have a history of febrile convulsions have a slightly increased risk of developing epilepsy in the future.

Can I do anything to stop further febrile convulsions?

There is no sure way to prevent febrile convulsions. Paracetamol or ibuprofen can be given to reduce the discomfort associated with a temperature but do not reduce the risk of further fits.

What should I do if my child has another febrile convulsion?

If your child has another febrile convulsion at home which settles by itself, either as part of this illness or in the future, you should contact your GP as soon as possible or phone NHS 111 for advice. If you have urgent concerns take your child to the nearest hospital.

Call 999 for an ambulance if:

- your child does not wake after the convulsion
- your child has difficulty breathing
- another fit starts straight away
- the fit lasts longer than 5 minutes
- your child has a rash that does not fade when pressed
- If you are otherwise concerned about your child's condition and suspect a serious illness to be the cause of the fever.

This leaflet only gives general information. Please discuss your child's individual management with medical or nursing staff.

For further information:

www.nhs.uk/Conditions/febrile-convulsions

www.patient.co.uk/febrile

If you require a special edition of this leaflet

This leaflet is available in large print, Braille, electronically and in other languages on request. Please contact the Patient Experience Team on:

Telephone 01244 366066 or

Email coch.patientexperience@nhs.net

إذا تُرغب في الحصول على الوثيقة باللغة العربية ، فضلاً اتصل بمركز معلومات المرضى أو تحدث مع أحد الموظفين

若是你想索取這份傳單的中文譯本，請聯絡「病人預約中心」或向其中一名職員查詢。

Si vous voulez cette brochure en français, contactez le bureau des rendez-vous ou demandez à un membre du personnel.

यदि आप यह परचा हिन्दी में लेना चाहते हैं तो कृपया पेशेंट अंपाइन्टमेन्ट सेन्टर से संपर्क करें या किसी स्टाफ से पूछें।

Haddii aad jeclaan laheyd buug-yarahan oo af-Soomaali ku qoran la soo xiriir xarruunta bukaan ballaminta ama wax weydii xubin shaqaalaha ka tirsan.

Si desea recibir este folleto en español, sírvase contactar al Centro de Citas para Pacientes o solicitarlo al personal.

اگر آپ کو یہ کتابچہ اردو میں درکار ہے تو پیسٹ اپوائنٹمنٹ سینٹر یا عملے کے کسی رکن سے رابطہ قائم کریں۔

Mae'r daflen hon ar gael (ar gais), mewn print bras, ar dâp sain neu ar ddisg, ac efallai mewn ieithoedd eraill ar gais. Cysylltwch â chanolfan apwyntiadau cleifion i ofyn am gopi.

Countess of Chester Hospital NHS
Foundation Trust
Liverpool Road
Chester
CH2 1UL
www.coch.nhs.uk