

# Febrile Convulsions

Children's Services

## What is a Febrile Convulsion?

This is a common medical problem. Approximately 3 children in every 100 aged 6 months to 6 years have a convulsion when they have a fever or high temperature.

## What causes a febrile convulsion?

Febrile convulsions are seizures that have been triggered by a rapid increase in body temperature. Febrile convulsions are usually due to a viral illness. There may be no warning.

## What happens during a convulsion?

Most febrile convulsions last less than 5 minutes and stop on their own. Your child may:

- Become stiff or floppy
- Become unconscious or unaware of their surroundings
- Develop jerking or twitching movements
- Appear to have difficulty in breathing.

## What happens afterwards?

Your child will be sleepy after the convulsion. This is because the brain will become tired and needs time to recover. If your child remains drowsy or difficult to rouse after sleep you should seek medical advice.

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

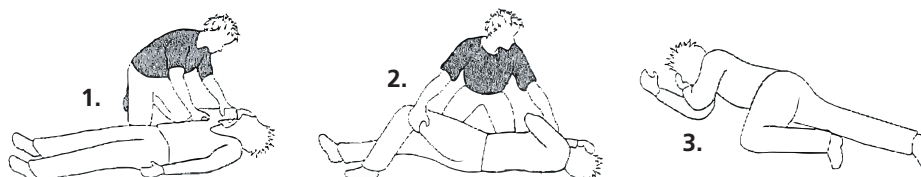
- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility 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 in the future?

Remember, most convulsions stop within seconds or a couple of minutes without any medical treatment.

### Do

- Stay calm
- Time the seizure
- If possible take a video of the seizure. This may help your doctor understand what has happened
- Move objects that might cause injury
- Stay with the child
- Put the child in the recovery position (see pictures)



- Call an ambulance if it is prolonged or if the child has another seizure soon after.

### Do not

- Panic
- Restrain the child
- Place anything in the mouth.

## Can I prevent my child having a febrile convulsion?

Feverish illnesses are very common in children and it is almost impossible to stop them happening. There are simple measures which may prevent rapid changes in temperature.

- Ensure that the room is well ventilated and cool
- Remove any warm clothing, just a vest will be OK
- Encourage your child to drink lots of cool fluids
- Give paracetamol (calpol) or children's ibuprofen as directed on the bottle
- Take your child to your GP if they look unwell or the fever persists.

## What does the future hold for my child?

- Approximately 30% of children will have another febrile convulsion in the next year, especially if they are less than 1 year old. This means 7 out of 10 will not have another convulsion
- Children with simple febrile convulsions are no more likely to develop epilepsy than those who have not had one
- There is no evidence that children with simple febrile convulsions will develop 'brain damage'.

## 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。