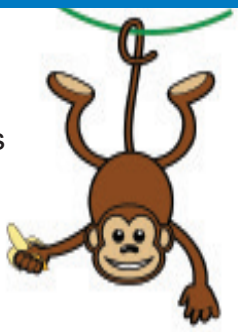
Children's, Women's and Family Services

Managing Febrile Convulsion (Fever Fit) in Children



- A few children can have a fit (convulsion) when they have a fever (high temperature). This may happen if your child's temperature goes up suddenly. Sometimes a convulsion happens when parents/family don't know their child has a fever.
- The vast majority of febrile convulsions are not serious. Full recovery with no permanent damage is usual.

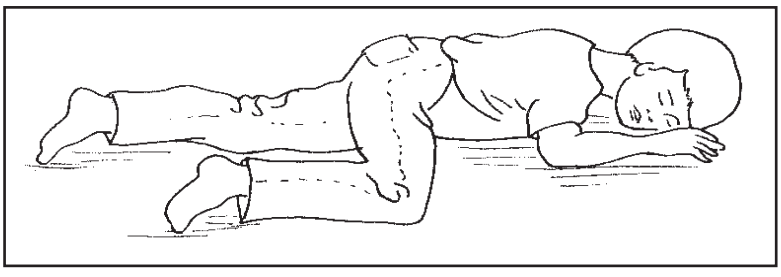
  Long-term harmful effects are very rare and usually only happen if the convulsion has lasted for a long time.



- Febrile convulsions are most common in children under the age of 6 years.
- Febrile convulsions can be upsetting to see. The child may look hot and flushed and their eyes may appear to roll backwards. Parts of the body may twitch or shake. They may look pale or blue.
- Febrile convulsions may last from a few seconds to about five minutes and do not usually cause any problems to the child.
- The child may be sleepy for some time afterwards. An hour or so later the child often appears a lot better when their temperature comes down.
- Febrile convulsions may happen again, especially if there is a family history of febrile convulsion.
- Febrile convulsion is not epilepsy.
  - Epilepsy means repeated convulsions without a fever and is treated in a different way. A very small number of children may be prone to have both epilepsy and febrile convulsions.
  - Most illnesses that cause fever and febrile convulsions are the common coughs, viral infections and colds.
  - Sometimes the illness, which caused the fever, may be more serious such as pneumonia.

Treatment of febrile convulsion

- Lie the child on their side with their head level (the recovery position). Note the time the fit started.



compassionate care

- Do not put anything in the mouth.
- Do not shake the child.
- When the convulsion stops, try to help bring the child's temperature down to make them feel more comfortable.
  - To do this take off their clothes and give some Paracetamol (Calpol) or Ibuprofen as soon as they have recovered enough to swallow. Give the medicine according to the dosage instructions on the bottle for the age of your child.
  - The child should be seen by a doctor following a febrile convulsion to rule out any serious illness.

Call your own doctor if:

- Your child has had previous convulsions and has had a convulsion lasting under five minutes and appears to be improving.

Call an ambulance urgently if:

- If your child has not had a convulsion before.
- If the child has difficulty breathing at any time during the convulsion.
- The child does not improve once the convulsion is over.
- If the convulsion lasts longer than five minutes.
- If another convulsion starts soon after the first one stops.

If you have any comments about this leaflet or the service you have received you can contact :

Childrens Ward
Calderdale Royal Hospital
Telephone No (01422) 223277

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obrat'te se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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براہِ مہربانی مندرجہ بالا شعبے میں سے رابطہ کریں۔

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