

you can buy to help your child feel better.

### Can I stop my child having another febrile convulsion?

Unfortunately research has shown that keeping a child's temperature down will not prevent a febrile convulsion and you should treat your child the same as any other child with a temperature.

Keep your child cool to make them more comfortable when they are unwell but be aware that they could still have a febrile convulsion.

### What are the long-term effects of a febrile convulsion?

Most children make a quick and full recovery after a febrile convulsion.

Febrile convulsions do not mean your child will go on to have epilepsy, this only happens rarely.

### Useful contacts

Your GP surgery on:.....  
(Please insert surgery number here)

GP Out of Hours: (After 6.30pm and before 8am). Ring **111** and you can speak to a doctor. If necessary, your child can be seen at one of their centres.

Bristol City Walk-in Centre at Broadmead Medical Centre located in Boots  
(Mon-Sat 8am-8pm, Sundays and Bank Holidays 11am-5pm) on: **0117 954 9828**

South Bristol NHS Community Hospital Urgent Care Centre  
(Every day 8am-8pm) on: **0117 342 9692**  
Visit [www.nhs.uk](http://www.nhs.uk) for to find your nearest centre.

If your child is seriously ill, you may be asked to attend the Children's Hospital emergency department.

For further copies of this leaflet, or if you would like it in other formats or languages, please contact 0117 900 2384.

Produced in partnership with Bristol Clinical Commissioning Group, North Bristol NHS Trust and University Hospitals Bristol NHS Foundation Trust.

End date: June 2016

# Parent's guide to febrile convulsions



## What are febrile convulsions?

A febrile convulsion is a fit or seizure which can happen in some children when they have illnesses such as a cold and are usually associated with a high temperature (fever) above 39°C. Although these look frightening, they are common and occur in about one in 30 children usually between the ages of six months and six years.

They are more common in children who have had febrile convulsions before or when someone in their family has had a febrile convulsion.



## What does a febrile convulsion look like?

Your child will be hot and they may be confused or drowsy. Their eyes may roll backwards before becoming unconscious.

Your child's body may go stiff and then have jerking movements, usually of both arms and legs. This can be very frightening and usually lasts less than five minutes. If it lasts longer than five minutes, call 999.

### What should I do if my child has a febrile convulsion?

#### Call 999 if:

- Your child has difficulty breathing
- The fit lasts longer than five minutes
- Your child does not start to wake up after the convulsion has stopped
- Your child looks very sick when the convulsion has stopped
- Your child has a rash that does not fade or change colour when a glass is put against it
- Your child has another convulsion after the first one stops.

## During the convulsion

You will not be able to stop the convulsion so keep calm and watch your child. Time the fit.

Lay your child on their side with their face to one side. This will stop them swallowing any vomit and help prevent injury. **Do not put anything in their mouth or shake your child.**

## After the convulsion

When the seizure stops try to lower the temperature by removing unnecessary clothes and giving paracetamol or ibuprofen when they are well enough to swallow. **Do not sponge the child with water – this will not reduce the temperature.**

The child should be seen by a doctor soon after the seizure so that they can look for signs of the infection that triggered the seizure. They may want to do simple tests such as checking your child's urine.

## What should I do if my child gets a fever?

The doctor will give you a leaflet about feverish illness and how you can help your child. The leaflet includes information about the types of medicines