

# Febrile Convulsion

## Patient information

**You have been given this information leaflet because your child has been diagnosed with a febrile convulsion.**

Febrile convulsions are fits or seizures that occur in a child with a high temperature. **They are not epileptic seizures.**

Around 1 in 20 children will have at least one febrile convulsion.

Most occur with common infections such as coughs and colds, or ear infections. Occasionally your child will have a more serious infection such as a kidney infection or pneumonia as the cause.

### Symptoms of a febrile convulsion:

- Arm or leg twitching
- Whole body stiffness
- Your child may wet themselves
- Usually last less than 5 minutes
- Loss of consciousness
- Vomiting
- Eye rolling
- Sleepy after the event

## Investigation for a febrile convulsion

No investigations are required if your child has made a quick recovery, with a simple febrile convulsion, and a clear focus of infection.

Children with complex febrile convulsions or serious causes of infection need to be admitted to hospital for further tests.

## Treatment of a febrile convulsion

- If your child is fitting lay them in the recovery position.
  - Lay them on their side, with their faced turned to one side and head lifted up
  - This will help prevent the swallowing of any vomit or blockage of the airway
- Avoid placing your fingers in their mouth.
- When the seizure stops try to cool your child.
- If it is a first seizure, lasted longer than 5 minutes or they have not recovered quickly take them to the nearest hospital, or dial 999.

Emergency Department  
and Minor Injury Unit



## Following a febrile convulsion

Seeing a child having a seizure can be frightening and distressing for parents. However, almost all children make a complete recovery with no after-effects.

There is a small link to developing epilepsy in later life, a 1 in 50 chance. And a future febrile convulsion is more likely under the age of 15 months.

## Further Information

For further advice and information about your condition:

Please choose from the following:

- 'NHS Patient Choices' website: [www.nhs.uk](http://www.nhs.uk)
- 'Making Lives Better' patient website: [www.patient.info](http://www.patient.info)
- Telephone NHS 111
- Contact your General Practitioner

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### Contact details:

- The James Cook University Hospital: 01642 850850  
Marton Road, Middlesbrough, TS4 3BW
  - The Friarage: 01609 779911  
Northallerton, North Yorkshire, DL6 1JG
- Redcar Primary Care Hospital: 01642 511000  
West Dyke Road, Redcar, TS10 4NW

Author: Emergency Department and Minor Injury Unit

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**The James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW.**  
**Switchboard: 01642 850850**

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