



## Information for patients, relatives and carers

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# Febrile Convulsions

### What is a febrile convulsion?

The child has had a fit caused by a high temperature. This is a very common problem in young children and is very unlikely to cause any long-term problems

It is important that you keep the child cool if they are developing a temperature.

This fit is usually caused by a rapid rise in the child's temperature at the beginning of an illness.

### What should I do to keep the child cool?

- ✓ Take off all clothing except vest and pants/nappy
- ✓ Keep them in a cool room
- ✓ Give them some paracetamol and/or ibuprofen. You can buy these over the counter without prescription. Use the dose suggested on the bottle. Give further doses for 24 hours or until the fever has settled. Do **NOT** give more than the maximum daily dose (paracetamol four times a day, ibuprofen three times a day).
- ✓ Inform your doctor if their condition is no better after one to two hours.

## **Things not to do:**

- × Do not wrap them in blankets
- × Do not put on extra clothes
- × Do not give them a hot water bottle
- × Do not take them to bed with you
- × Do not put them close to the fire
- × Do not tepid sponge the child

## **What should I do if my child has another convulsion?**

- Most convulsions stop by themselves after a few minutes.
- Turn them onto their side in case they are sick and leave them like this until the fitting stops.
- If they are still fitting after five minutes call 999 and ask for an ambulance.
- If the child has short convulsions and soon recovers call your GP or NHS 111 as soon as convenient for further advice.

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① If you have further concerns about your child's condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> [When to use NHS 111 - NHS \(www.nhs.uk\)](https://www.nhs.uk)

### **Patient Advice and Liaison Service (PALS)**

We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk)

An answer phone is available out of hours.

### **Leaflets in alternative languages or formats**

If you require this information in a different language or format, for example Braille, large print, Easy Read, or audio, please ask the staff who are looking after you.

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