



FEBRILE CONVULSION FIT WITH FEVER

What is a febrile convulsion?

Some children may have a fit (or convulsion) when they have a very high fever.

Febrile convulsions are common between 6 months and 3 years, they usually stop by 6 years. They cause no long term problems, but may happen again if your child has a fever. Febrile convulsions are not epilepsy. They are frightening but not harmful.

A fit (or convulsion) is when a child jerks or twitches their arms and legs. Their body may become stiff and sometimes they may have changes with their breathing.

What to do when a child is fitting.

1. Don't panic
2. Lie your child on their side – with the head turned to one side
3. Remember to keep them out of danger from furniture or heaters
4. Go to your Doctor or Children's Emergency Department as soon as you can.
5. IT IS VERY IMPORTANT YOUR CHILD IS SEEN BY A DOCTOR.

| |
|--|
| <p>IF THE FIT/CONVULSION LASTS LONGER THAN 5 MINUTES CALL AN AMBULANCE - DIAL 111</p> |
|--|

How you can help your child:

1. Take their temperature. If you do not have a thermometer you can tell when your child has a fever by touching their back. It will feel very hot even when their hands and feet are cold. Febrile convulsions don't happen unless the temperature is more than 38.C.
2. To cool your child, remove their clothes just leave on underwear so they can lose heat through their skin and remain cool.
3. Keep the room cool, but do not have draughts blowing directly on them.
4. Give your child extra to drink.
5. Keep your child cool – if they have a fever **DO NOT SLEEP IN THE SAME BED AS YOUR CHILD.** Your warmth will make them hot.
6. Give Paracetamol (Pamol) every 4 hours when your child is awake. Always follow directions on the bottle.



You need to see your Family Doctor if your child is:

- Unusually sleepy
- Having difficulty breathing
- Disorientated or has a 'fit' or convulsion
- Taking less than ½ normal fluids
- Complaining of a sore neck or head
- Complaining of pain – such as earache or abdominal pain
- Developing a rash (especially dark purple spots)
- Not improving within 48 hours

If you need an Ambulance dial 111

Any queries you may have, particularly throughout the night, over the next 24 hours, please phone us - 307 - 4902
Then continue to contact your GP for continuing care of your child.