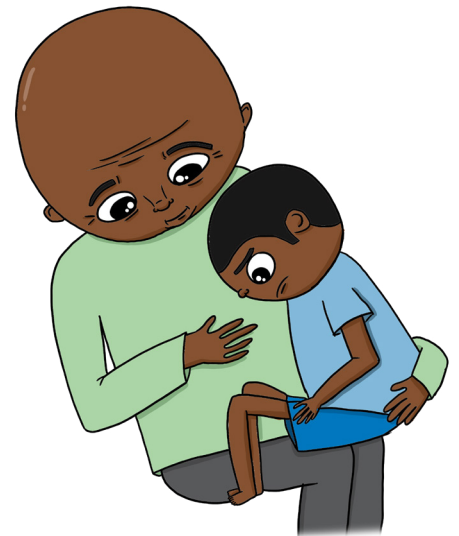




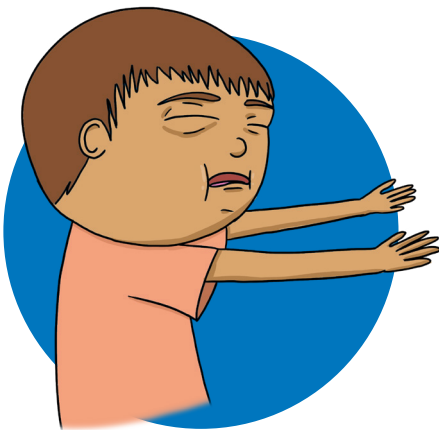
Febrile convulsions

A febrile convulsion is a fit or seizure that can happen in babies and children aged around 6 months to 6 years old. Febrile convulsions are caused by a high temperature or fever.

- Minor illness or infections can affect babies and young children, their temperatures can quickly go up causing a fit or seizure.
- Febrile convulsion will not harm bub and will not cause brain damage.
- Most bubs only have 1 febrile convulsion. However, if it does happen again, it's normally within a year.
- If bub has febrile convulsions it doesn't mean they will have epilepsy.



When bub is having a febrile convulsion, they may:



Black out for a few seconds or so



Go blue or red in the face



Jerk, twitch, become stiff or go floppy

- Febrile convulsions normally lasts a few minutes.
- Bub may be very sleepy and may be upset after it happens.

Do not



Don't try to stop them shaking or hold them down



Don't put anything in their mouth



Don't put them in a bath or shower

What to do the next time they have a fever

Infections and fevers are a part of life and hard to prevent. If bub does have a **fever again you can:**

Undress them so they only have light clothing on so they don't overheat.



Give them small sips of water, breast milk or formula often, so they don't get dehydrated.

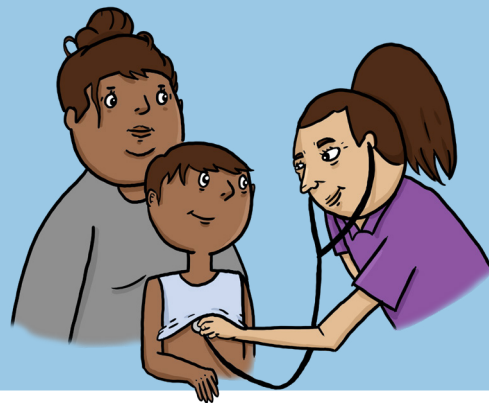


It is best to stay in a warm room as a cool room may increase the fever.

Give paracetamol (Panadol) or ibuprofen (Nurofen) (not if bub has bleeding or a kidney problem). This can help bub **feel better** and help with **pain**.



If bub keeps having fits or if you are worried, see your GP or a health clinic.



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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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