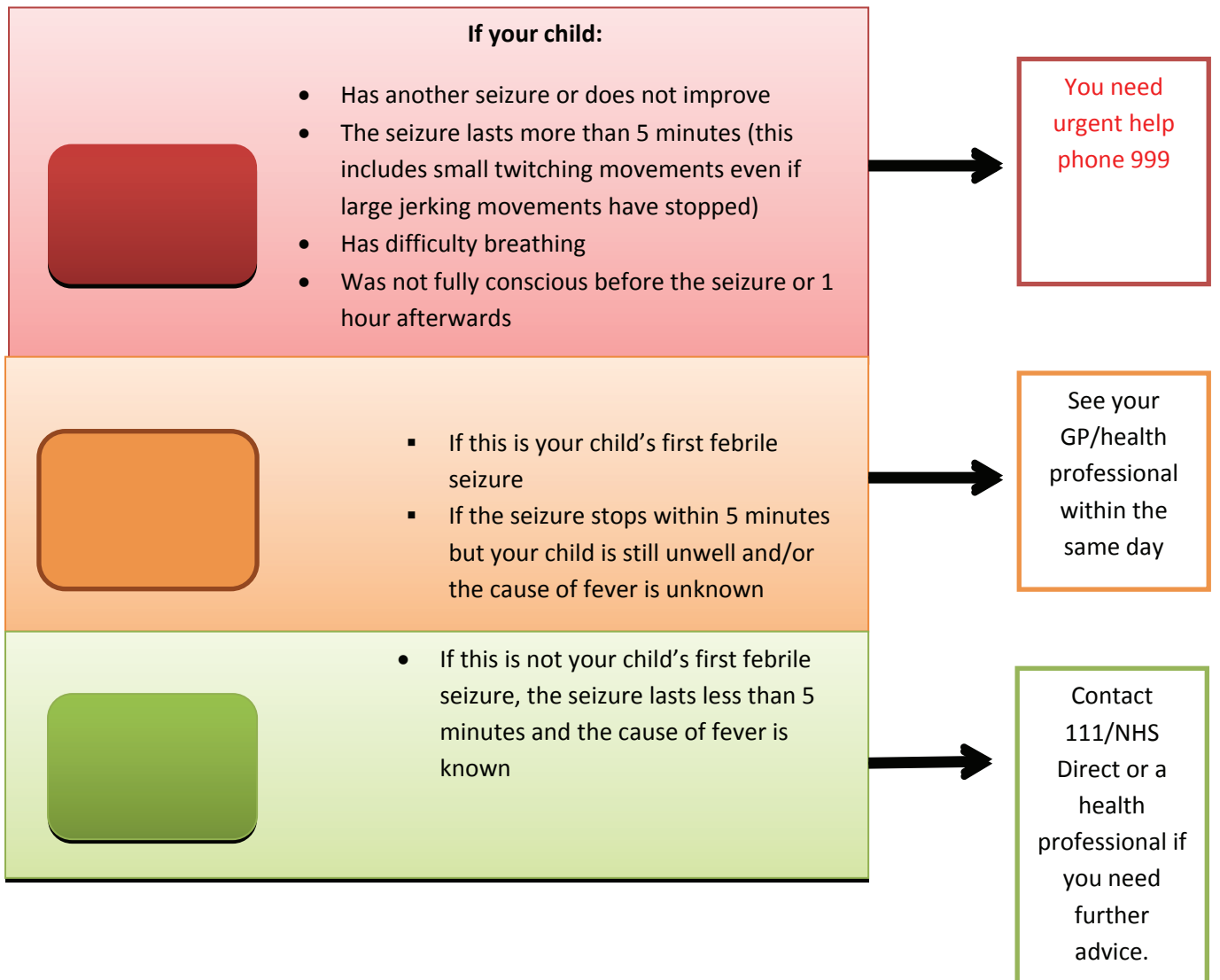


Febrile Seizure Advice Sheet

A febrile seizure (also known as a febrile convulsion) occurs in some children with a high temperature (fever) during an illness. Although alarming, a febrile seizure is not usually dangerous and full recovery is usual. No treatment is usually needed for the seizure, however treatment may be required for the illness causing the fever.



What first aid you should give for a febrile seizure:

- Stay calm and note the time the seizure starts
- Move any hard or sharp objects away from the child
- Do not move your child during the seizure or put anything in their mouth
- Wait for seizure to finish (If not stopped in 5 minutes call 999)
- Place child in recovery position and reassure once seizure has stopped
- Make your child as comfortable as possible. Contact health professional.

RECOVERY POSITION



Febrile seizures are not the same as epilepsy, epileptic seizures are not associated with fever

WHAT CAUSES A FEBRILE SEIZURE

- Any illness that causes a fever (high temperature)
- Most common illness that they occur with are
 - **Ear infections**
 - **Coughs**
 - **Colds**
 - **Flu**
 - **Other viral infections**
- Serious infections such as pneumonia, kidney infections or meningitis are less common causes.
- About 3 in 100 children will have a febrile seizure
- Most commonly occur between the ages of 18 months – 3 years
- Rare in children under 6 months and over 6 years

WILL MY CHILD HAVE A FURTHER SEIZURE

- Most children have just one episode of febrile seizures
- In about 3 in 10 children a further seizure may occur in future feverish illnesses
- A future febrile seizure is more likely if the first seizure occurs under 15 months of age or if there is a family history of febrile seizures in close relatives

CAN I PREVENT A FEBRILE SEIZURE?

- **No method is totally effective**
- If your child has a high temperature measures to bring it down may be helpful:
 - Paracetamol or ibuprofen will not prevent a febrile seizure but may help to make your child more comfortable (follow manufactures instructions)
 - Children with a fever should not be under or over dressed
 - Make sure the room is not too hot
 - **Note-** wet cloths/ cool baths are **not** recommended

Further information: EPEN (Eastern Paediatric Epilepsy Network) or Patient.co.uk