

## What can I do in future?

Seizures mostly happen while the temperature is increasing.

There is no specific treatment for febrile seizures.

Checking your child's temperature if they are sick or if you feel they are off form can help monitor the situation.

You can also give medications to reduce a fever, such as paracetamol - seek advice from a health care professional such as your local pharmacist.

Note: Tepid sponging is **no** longer recommended as it may cause the temperature to go higher.

Light clothing may be enough to keep them comfortable



If you have any concerns contact your GP or contact CUH on (021) 4292000 and speak to the Paediatric team.



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In consultation with Ladybird ward and in line with HSE guidelines.

**Date Issued:**  
July 2019

*The information in this leaflet is correct at time of development*

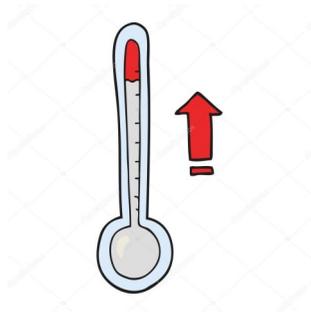
## Febrile Seizures

### Information for Parents & Guardians



## Febrile Seizure-What are they?

Febrile seizures are convulsions that can happen during a rapid rise in temperature (febrile means feverish). The fever is a result of an underlying infection which may be viral or bacterial.



They usually last 5-15 minutes and are accompanied by a temperature above 38°C.

During a simple febrile seizure, your child's body may become stiff, arms & legs can shake. Their eyes may roll and lose consciousness. Children can vomit or wet themselves during the convulsions, and may be sleepy after.

While they can be very frightening, febrile seizures usually end without treatment and don't cause health problems like brain damage. It **does not** mean your child has epilepsy.

## Who do they happen to?

Febrile seizures can affect children aged 3 months – 6 years old, but are most common in toddlers aged 12 – 18 months. It is not known why febrile seizures occur, although children with a family history are more likely to have one.



They can also reoccur, as about 1 in 3 children who have one seizure will have another.

Children who are younger (under 15 months) when they have their first one are also at higher risk for a future febrile seizure. They are quite common, around 1 in 20 children will get at least one febrile seizure.

## What should I do?

If your child has a febrile seizure, stay calm and do the following:

- Make sure your child is on a safe surface, such as the floor
- Cushion their head
- Lie your child on their side to prevent choking (recovery position)
- Take note of how long it lasts
- Do not try to restrain them
- Do not put anything in your child's mouth
- Stay with your child
- If the seizure lasts more than 5 minutes, or your child skin colour changes, call for an ambulance

Contact your GP (South-Doc out of hours) as soon as possible if it's your child's first febrile seizure. Usually a GP visit is all that's needed. However, if your child is under 12 months old, the seizures do not follow the regular pattern or if there is no clear source of infection, they may need to be referred to hospital. Subsequent seizures usually can be managed at home, but remember— you know your child best, and if you are concerned bring them to the Emergency Department.