

Febrile Seizures

What is Febrile Seizure?

A febrile seizure, or convulsion, is caused by a higher than normal body temperature (a fever). Febrile seizures are more likely to happen if a child's temperature has risen very quickly. Febrile seizures often occur in the first 24 hours of your child developing a fever. These seizures seem scary but are generally harmless to the child.

- Febrile seizures happen between the ages of 6 months and 5 years old.
- Febrile seizures with fever tend to run in families.
- Febrile seizures generally last less than 1 minute but can last up to 15 minutes

What are the signs and symptoms of a febrile seizure?

- Eyes rolling back
- Staring
- Jerking or twitching of the arms, legs or face
- Stiff body
- Cannot talk and may not know who you are
- Fussiness, confusion or sleepiness after the seizure

What should I do if my child has a febrile seizure?

- Keep calm and stay with your child
- Lay your child on his/her side and turn the head to the side
- DO NOT place your fingers in the child's mouth
- Do not try to hold your child's tongue or try to put anything into the mouth
- Do not try to stop the seizure
- Protect the child from injury until the seizure is done
- Call your child's doctor after the seizure.

Call your child's doctor or call 911 if you see any of the following:

- Your child is not breathing
- Your child's skin turns blue
- The seizure lasts more than 5 minutes
- Your child is choking

Please call your doctor for any questions or concerns you may have regarding this information.

