

## **FEBRILE SEIZURE**

### **Current Anticipatory guidance Recommendations and Education (CARE)**

#### **What is a Febrile Seizures?**

- A febrile seizure is shaking and passing out or a “fit,” “spell,” or “convulsion” that occurs when some **healthy kids** get fevers between the ages of 6 months to 6 years old
- Any illness that causes a fever may cause a febrile seizure including **colds and viruses**
- Seizures may look scary but do not cause brain damage and there are **no long term effects**, and do not mean your child will have a seizure disorder

#### **What should I expect?**

- Many kids have febrile seizures
- Some kids may have **another seizure** when they are sick and have fevers. They should be treated the same way.
- Sometimes febrile seizures run in families and brothers and sisters may have the same problem.
- These may be mild with eye rolling or limb stiffening or more severe with full body shaking.
- Children may vomit, bite their tongue or pee on themselves
- Seizures may seem to last a long time but less than 10 minutes is expected. Kids may have a period of confusion and sleepiness afterwards and may complain of a headache
- Kids often grow out of febrile seizures usually around **6 years old** and they are unlikely to have them anymore
- After 6 years old kids may never have another seizure over their lifetime
- Kids with febrile seizures are at a very small increase in risk compared to kids who have not had febrile seizures for lifetime seizures
- Your child may be a little fussy and may not want to eat as much while they are sick

#### **What can I do for my child?**

- Treat your child with Acetaminophen and Ibuprofen for fever if they have a fever or appear to be uncomfortable
- Be sure to follow the package instructions (Ibuprofen is for children older than 6 months only)
- Sometimes seizures occur before parents realize kids are sick
- Treating a fever will help your child feel well but will not prevent the seizure
- Make sure they **stay hydrated**. Your child may not want to eat like normal but make sure they are getting plenty of fluids like water, gatorade and pedialyte.
- Infants should be hydrated with pedialyte, formula, or breast milk not water or juice
- Rarely will seizures occur again during the same illness

\*Did you know?

TYLENOL = ACETAMINOPHEN  
MOTRIN, ADVIL = IBUPROFEN

Many medications have more than one name because of generic and brand name types.  
Generic and brand types work the same  
Ibuprofen/Motrin may only be given to children over 6 months

- If they do have a second seizure, try to **avoid head injury** from falling, put your child on their side so that saliva and vomit will drain out of the mouth and not into the lungs and call EMS to return to the hospital. Do not place anything in your child's mouth to prevent tongue biting
- Loosen clothing around the neck but do not try to hold your child still
  - Make sure your child is watched at all times around water

### \*\*\*Did you know?\*\*\*

ANTIBIOTICS DON'T TREAT VIRAL INFECTIONS.

Overuse of antibiotics can make future bacteria infections more difficult to treat.

### How long with my child be sick for?

- Your child may have a cough or runny nose for several days (up to about 10 days)
- If antibiotics were prescribed they need to be finished
- The fever may go away in 2 to 3 days
- Another seizure during the same illness is unlikely to occur but if it does come back to the hospital

### When should I call the doctor?

- All kids should **follow up with their regular doctors** a few days after being in the ER
- If your child is very fussy and does not get better with fever treatment
- If our child is not acting normally with treatment or is hard to wake up
- If your child is becoming dehydrated with no or very few wet diapers over a day or two and is refusing to drink any fluids
- If your child has **another seizure especially if they are longer than 10 minutes**
- If your child has a stiff neck or other problems such as abnormal movements, agitation, confusion, problems walking, a lot of vomiting or drowsiness
- If your child has a fever that lasts more than 5 days
- For any child under 3 months with a fever