

Febrile Seizure Education

What is a seizure?

A seizure is a sudden, temporary surge of electricity in the brain. This surge of electricity can disrupt the normal functions of the brain and can make someone have extra movements or act differently.

What is a febrile seizure?

A febrile seizure is a seizure that occurs within 24 hours of a fever (Temperature above 100.4°F or 38°C). Sometimes the seizure comes after the fever, and sometimes the seizure comes before the fever. Febrile seizures can occur more than once in children who are 6 months to 5 years of age.

The seizure is caused by the initial illness that causes the fever. Giving medications like Tylenol (acetaminophen) or Motrin (ibuprofen) can bring the fever down but will not prevent a febrile seizure.

What do febrile seizures look like?

There are many different types of seizures. The most common types of febrile seizures involve stiffening of the whole body, shaking and disruption in someone's ability to talk or respond normally.

Febrile seizures can cause different repeated actions like blank stares, chewing movements, clumsiness, wandering, or confusion depending on where the seizure occurs in the brain.

What happens after a seizure?

The time after a seizure is called the "post-ictal" period. During this time the brain recovers after the seizure. Your child can be very tired and confused after the seizure. This period may last for a few minutes or up to several hours after a seizure.

Is a seizure harmful to the brain?

Febrile seizures are not harmful to the brain and most febrile seizures are short (less than one minute). If your child has had a seizure lasting 5 minutes or longer you will likely be prescribed a rescue medication by your neurology team to help prevent a long seizure in the future.

What should I do if they have another seizure?

- Remain calm and stay with your child.
- Make sure your child is in a safe place, such as a bed or the floor.
- Turn your child to the side to prevent choking.
- Remove your child's glasses and any restrictive clothing.
- Try to time how long the seizure lasts.
- Do not put anything in your child's mouth.



Seek immediate medical care or call 911 if:

- Your child has a second seizure.
- Your child turns blue or has trouble breathing.
- Your child is irritable or extremely tired or has changes in their behavior.
- You are worried that your child is not acting normal.

Will they have another febrile seizure?

One out of 3 children with a first-time febrile seizure will have a second febrile seizure. If febrile seizures recur, most children will outgrow their febrile seizures by 6 years old and do not require treatment with anti-seizure medication.