



Pediatric Clinic  
PATIENT EDUCATION HANDOUTS

## **FEBRILE SEIZURES**

Your child has been diagnosed as having a febrile seizure.

Although alarming to watch, these seizures do not cause any lasting harm. They do not cause mental retardation or lead to epilepsy. They are common between that ages of 6 months and 6 years of age and rarely occur outside of this age range.

Approximately one of every 25 children will have at least one febrile seizure and more than one-third of these children will have additional febrile seizures before they outgrow the tendency to have them.

These seizures are triggered by a sudden rise in body temperature usually caused by an infection. Often the seizure occurs before parents even realize their child is ill.

This is what you should do if your child has a seizure:

- Put your child on his side on the floor.
- Don't put anything into his mouth.
- Don't restrain his movements during the seizure. Try to remain calm and rest your hands gently on your child's shoulder.
- Call 911 if the seizure lasts more than 10 minutes. Try to note when the seizure begins and ends by checking your watch.

After the seizure has stopped your child may be sleepy for a while but will probably be alert and active within an hour or two. After everything and everyone has calmed down call your child's doctor. He may want to see your child or have you take him to an emergency room to find a cause for the fever.

Trying to reduce your child's temperature with either acetaminophen (Tylenol) or ibuprofen (Motrin) is recommended but may not prevent another seizure.

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