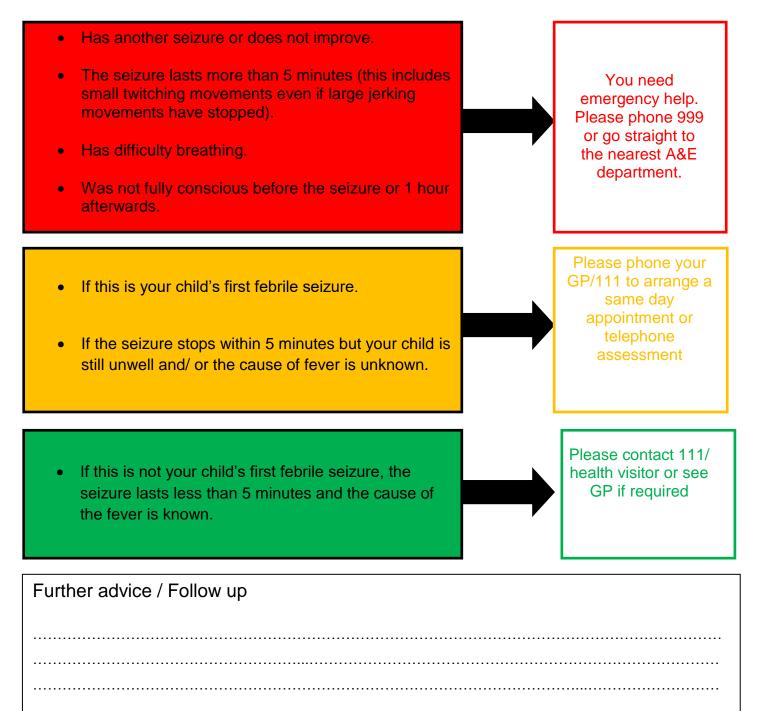


## **Febrile Seizure Advice Sheet**

A febrile seizure (also known as a febrile convulsion) occurs in some children with a high temperature (fever) during an illness. Although alarming, a febrile seizure is not usually dangerous and full recovery is usual. No treatment is usually needed for the seizure, however treatment may be required for the illness causing the fever.



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Febrile seizures are not the same as epilepsy. Epileptic seizures are not associated with fever.

## WHAT CAUSES A FEBRILE SEIZURE?

- Any illness that causes a fever (high temperature).
- Most common illness that they occur with are:
  - $\circ$  Ear infections
  - $\circ$  Coughs
  - Colds
  - o **Flu**
  - Other viral infections
- Serious infections such as pneumonia, kidney infections or meningitis are less common causes.
- About 3 in 100 children will have a febrile seizure.
- Most commonly occur between the ages of 18 months 3 years.
- Rare in children under 6 months and over 6 years.

## WILL MY CHILD HAVE A FUTHER SEIZURE?

- Most children have just one episode of febrile seizures.
- In about 3 in 10 children a further seizure may occur in future feverish illnesses.
- A future febrile seizure is more likely if the first seizure occurs under 15 months of age of if there is a family history of febrile seizures in close relatives.

## **CAN I PREVENT A FEBRILE SEIZURE?**

- No method is totally effective.
- If your child has a high temperature measures to bring it down may be helpful:
  - Paracetamol or ibuprofen will not prevent a febrile seizure but may help to make your child more comfortable (follow manufactures instructions).
  - Children with a fever should not be under or overdressed.
  - Make sure the room is not too hot.
  - Note- wet cloths/ cool baths are **not** recommended.